

Where to go for healthcare



If you have an urgent health concern, your first call should be to your primary care provider (doctor or nurse practitioner). If your provider is not available or you do not have one, there are other services ready to help you. There are also programs to help keep you healthy. The primary care and healthy living services available across the province are listed below and the services in your area are on the back page.

811

Call 811 to speak with a registered nurse for health care advice, 24 hours a day, 7 days a week. Also, there is information on more than 500 health topics at

811.NovaScotia.ca

Community Pharmacies

Community pharmacists can:

- Assess and prescribe for minor ailments, such as skin conditions, tick bites and urinary tract infections (UTIs)
- Renew prescriptions
- Prescribe and inject vaccines/medications

To find a pharmacy in your community, visit

pans.ns.ca/find

Need a Family Practice Registry

The *Need a Family Practice Registry* connects Nova Scotians who do not have a primary care provider with a family practice. Add your name to the registry at needafamilypractice.nshealth.ca or call 811.

VirtualCareNS

VirtualCareNS provides people on the *Need a Family Practice Registry* with free online access to a family doctor or nurse practitioner. For more information, visit virtualcarens.ca

Virtual Care

Nova Scotians who have a primary care provider have access to virtual care through Maple. You are eligible for two free visits per year, free of charge, through the Province of Nova Scotia, visit <https://app.getmaple.ca/register/p/nova-scotia-health-yes-pcp>.

Mental Health Concerns

Call the 24-hour mental health crisis line at 1-888-429-8167. You can also visit mhahelpns.ca for information on support and available services.

Emergency Care

People with potentially life-threatening conditions should immediately call 911 or go to their nearest emergency department.

HealthyNS.ca

Visit healthyns.ca to find out about the free online wellness sessions offered by Nova Scotia Health, in partnership with IWK Health. There is also a wide range of information on healthy living at this site.

Stopping Tobacco Use

Stopping or cutting back on tobacco use is one of the best things you can do for your health. To learn more, please call 811 or go to tobaccofree.novascotia.ca

Nova Scotia Breast Screening Program

This service is available for all asymptomatic (no symptoms) women over the age of 40. To book a mammogram screening appointment, call toll-free 1-800-565-0548. For more information on the process and the mobile screening schedule, visit

breastscreening.nshealth.ca

Colon Cancer Prevention Program

The Colon Cancer Prevention Program mails home-screening kits to all Nova Scotians aged 50 to 74 with the goal of preventing cancer, or finding it early when treatment is most effective. For more information, visit

nshealth.ca/colon-cancer-prevention-program

ROSE Clinic (Reproductive Options and Services)

If you are pregnant and considering abortion, please call 1-833-352-0719 as soon as possible, to discuss options.

YourHealthNS

A new app to help you to navigate health information, book services and discover care options, easier and faster than ever before, right from your phone or computer visit yourhealthns.ca



THERE ARE NOW MORE WAYS TO ACCESS CARE IN NOVA SCOTIA.

Download the YourHealthNS app today.



App Store



Google Play

Eastern Zone – where to go for healthcare



Sydney Primary Care Clinic

Where: Membertou Sport and Recreation Centre
- East Entrance, 1200 - 95 Maillard Street

Who: Community residents without a family doctor or nurse practitioner

When: Monday, Tuesday, Thursday, Friday
8:30 am – 4:30 pm

Wednesday 8:30 am – 8:30 pm

How: Call 902-563-8056 to book an appointment

North Sydney Primary Care Clinic

Where: Northside General Hospital
520 Purves Street, North Sydney

Who: Community residents without a family doctor or nurse practitioner

When: Wednesday – Friday 9:00 am – 4:30 pm

How: Call 902-794-5400 to book an appointment

Northside Urgent Treatment Centre

What: Care for those with unexpected but non-life threatening health concerns

Who: Anyone

Where: Northside General Hospital
520 Purves Street, North Sydney

When: Monday, Tuesday, Thursday, 8:00 am – 7:30 pm

Wednesday, Friday, Saturday, 9:00 am – 4:30 pm

How: Call 902-794-8966 or come to the centre

Glace Bay Primary Care Clinic

Where: Senator's Health Centre,
633 Main Street – Suite 301

Who: Community residents without a family physician or nurse practitioner

When: Wednesday - Friday 8:00 am – 4:00 pm

How: Call 902-842-2794 to book an appointment

New Waterford Primary Care Evening Clinic

Where: New Waterford Consolidated Hospital
716 King Street, New Waterford

Who: Area residents

When: Tuesday and Thursday 5:00 pm – 8:00 pm

How: Call 902-862-2740 at 4:00 pm for same-day appointment

Victoria County Urgent Treatment Centre

What: Care for those with unexpected but non-life threatening health concerns

Who: Anyone

Where: Victoria County Memorial Hospital
30 Old Margaree Road, Baddeck

When: Every day, 8:00 am – 4:00 pm

How: Call 902-295-2983 (no walk-ins)

Antigonish Primary Care Clinic

Where: Mediplex, 40 Church Street, Antigonish

Who: Area residents

How: By referral only. Appointments cannot be booked directly and there are no walk-in appointments

Well Woman Clinic – Antigonish

Where: Antigonish Women's Resource Centre/
Lindsay's Health Centre for Women
Kirk Place, 219 Main Street, Antigonish

When: Thursdays

How: Call 902-318-9984

Well Woman Clinic - Sherbrooke

What: Offer a variety of health-related services, such as pap screening and health education.

Where: St. Mary's Hospital

91 Hospital Road, Sherbrooke

When: Monday to Friday 8:30 am - 4:30 pm

How: Call 902-522-2882 to book an appointment

Well Woman Clinics – Cape Breton

What: Offer a variety of health-related services, such as pap screening and health education.

Where: Glace Bay, Inverness, New Waterford,
North Sydney

How: Call 1-877-794-5427

Diabetes Centres

What: Self-management support from certified diabetes educators (nurses and dietitians)

Where: Antigonish, Arichat, Baddeck, Canso,
Cheticamp, Cleveland, Glace Bay,
Guysborough, Inverness, New Waterford,
North Sydney, Sherbrooke, Sydney

How: By referral from primary care provider or pharmacist



www.nshealth.ca