

Where to go for healthcare

People with potentially life-threatening conditions should immediately call 911 or go to their nearest emergency department. The 24-hour mental health crisis line is also available at 1- 888-429-8167. You can also visit mhahelpns.ca for non-urgent information on support and available services.

If you have a health concern, you should contact your family doctor or nurse practitioner first. If they are not available, or you do not have one, there are services ready to help you. The primary care options across the province are listed below and the services in your local community are on the back page.

811

Call 811 to speak with a registered nurse for healthcare advice, 24 hours a day, seven days a week.

Need a Family Practice Registry

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

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 or download from the Google or Apple store.

VirtualCareNS

VirtualCareNS provides all Nova Scotians with access to a primary care provider (doctor or nurse practitioner) online through their computer or mobile device. There is different access available for individuals with a primary care provider and individuals who do not have a primary care provider. For more information, visit virtualcarens.ca.

Primary Care Clinics

Primary Care Clinics provide care for people on the Need a Family Practice Registry. Your Primary Care Clinic team will always work towards getting you the right care, at the right place, at the right time, with the right provider. Depending on your health concern, that may mean an in-person appointment at the clinic. It could also mean your Primary Care Clinic connects you to another health care provider in your community. For more information, please visit primarycareclinics.ca.

Mobile Primary Care Clinics

This is a temporary mobile service to provide primary care for people with mild or moderate health concerns. For more information, visit nshealth.ca/mobileprimarycareclinics.

Pharmacy Primary Care Services

Community Pharmacy Primary Care Clinics offer non-emergency care to all Nova Scotians with a valid health card, providing assessments, prescriptions for conditions like strep throat (over age three), pink eye, UTIs, chronic disease management, and prescription renewals. Appointments are required. To learn more and see a list of locations, visit pans.ns.ca/CPGCC.

Any pharmacist in your community can also assess and prescribe for birth control, UTIs, shingles, and Lyme disease prevention. To find a pharmacy near you, visit pans.ns.ca/find.

Urgent Treatment Centres

Urgent Treatment Centres provide care for non-life-threatening conditions needing urgent attention. They do not accept ambulances and only see patients by appointment. Visit nshealth.ca/urgenttreatmentcentre.

Virtual Urgent Care

Virtual Urgent Care offers a virtual option for people coming to the hospital with urgent, non-life-threatening health issues. It is not a replacement for the emergency department but will be particularly helpful during times when the local emergency department is temporarily closed. For more information, visit nshealth.ca/virtual-urgent-care.

prideHealth

prideHealth works to improve access to safe, coordinated, comprehensive primary health care for people who are part of the 2SLGBTQIA+ community. For more information, visit www.prideHealth.ca.

Nova Scotia Brotherhood and Nova Scotia Sisterhood

Nova Scotia Brotherhood and Nova Scotia Sisterhood are free programs for Black men and Black women to access health care and improve overall health and wellbeing. For more information, visit nshealth.ca/nova-scotia-brotherhood and nshealth.ca/nova-scotia-sisterhood.

West Hants



Primary Care Clinics

Where: West Hants Wellness and Access Centre, 80 Water Street, Windsor NS

When: By appointment only, Monday to Thursday 9 a.m. - 4 p.m.

Who: People without a physician or nurse practitioner

How: Patients can be referred by VirtualCareNS or call 902-472-2998 (phone lines close 12 - 1 p.m.)

Chronic Disease and Wellness

Hants Health and Wellness Team

What: Wellness and chronic disease management support including:

- Physical activity counselling
- Diabetes management education
- Nutrition education
- Emotional wellness counselling
- Wellness navigation
- Group wellness programming

Where: Hants Community Hospital, 89 Payzant Drive, Windsor, NS

When: Programming varies; By appointment only

How: Call 902-792-2052 or visit

www.healthandwellnessteam.ca

Mobile Primary Care Clinic

What: Primary care clinic for non-urgent medical issues

Where: West Hants Wellness and Access Centre, 80 Water Street, Windsor NS

When: Last Sunday of each month, 9 a.m. - 3:30 p.m.

Who: People with or without a physician or nurse practitioner

How: Appointments are first-come, first-serve

West Hants Clinic for Women's Health

Windsor

What: Primary care clinic for contraception and IUD insertions, menopause therapy, and PCOS as well as PAP smears and STI testing

Where: West Hants Wellness and Access Centre, 80 Water Street, Windsor NS

When: Mondays 9 a.m. -12 p.m. and Thursdays 2:30 – 5:00 p.m.

Who: People without a physician or nurse practitioner (if you require a female provider, contact us)

How: Call 902-472-2998 Monday to Thursday 9 a.m. - 4 p.m. (phone lines close 12 - 1 p.m.)

Community Pharmacy Primary Care Clinics

Windsor Pharmasave

Where: 30 Gerrish Street, Windsor, NS

When: By appointment only

Who: People with or without a physician or nurse practitioner

How: Call 902-798-2216 or book an appointment online by visiting pharmasave.com/windsor/primarycare/ and clicking “BOOK ONLINE”

Local Pharmacies

What: Pharmacists can provide a wide range of healthcare services including assessment and prescriptions. To view their full range of services visit pans.ns.ca/pharmacy-services/all

Who: For people with or without a family doctor or nurse practitioner

Cochranes Pharmasave - Hantsport

Where: 25 Main Street, Hantsport, NS

When: Monday to Friday, 9 a.m. - 6 p.m.

How: Call 902-684-9303 ext. 1

Lawtons Drug Store Ltd. #119 - Windsor

Where: 25 Wentworth Road, Windsor, NS

When: Monday to Tuesday, 9 a.m. - 6 p.m., Wednesday to Friday 9 a.m. - 8 p.m., Saturday 9 a.m. - 5 p.m., Sunday noon - 4 p.m.

How: Call 902-798-2202

Loblaw Pharmacy #377 - Windsor

Where: 11 Cole Drive, Windsor, NS

When: Monday to Friday 9 a.m. - 8 p.m., Saturday 9 a.m. - 5 p.m., Sunday noon - 4 p.m.

How: Call 902-798-9352

Sobeys Pharmacy #672 - Windsor

Where: 50 Empire Lane, Windsor, NS

When: Monday to Friday 9 a.m. - 6 p.m., Saturday 9 a.m. - 4 p.m.

How: Call 902-798-2395

Windsor Pharmasave

Where: 30 Gerrish Street, Windsor, NS

When: Monday to Friday 9 a.m. - 9 p.m., Saturday 9 a.m. - 6 p.m., Sunday 11 a.m. - 6 p.m.

How: Call 902-798-2216