

# 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](http://811.NovaScotia.ca)

## Community Pharmacies

Community pharmacists can:

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

To find a pharmacy in your community, visit [pans.ns.ca/find](http://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 [needfamilypractice.nshealth.ca](http://needfamilypractice.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](http://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 [app.getmaple.ca/register](http://app.getmaple.ca/register)

## Mental Health Concerns

Call the 24-hour mental health crisis line at 1-888-429-8167. You can also visit [mhahelpns.ca](http://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. If you answer a few short questions, you can find the nearest open emergency departments at [nshealth.ca/emergency-care](http://nshealth.ca/emergency-care)

## HealthyNS.ca

Visit [healthyns.ca](http://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.

## Health Goal Coaching

Health Goal Coaching is a program to support you with setting and sustaining behaviour changes to improve your health. Information is on [healthyns.ca](http://healthyns.ca) under “Reducing Your Health Risks” or call 1-855-444-5557 to make a self-referral.

## 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](http://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](http://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](http://nshealth.ca/colon-cancer-prevention-program)

## 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](http://yourhealthns.ca)



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

Download the **YourHealthNS** app today.



App Store



Google Play

# Central Zone – where to go for healthcare



## Walk-in Clinics

**What:** Private walk-in clinics

**Where:** Throughout Nova Scotia

**How:** Visit [ns.skipthewaitingroom.com](http://ns.skipthewaitingroom.com)

## Kearney Lake Primary Care Clinic

**Where:** 998 Parkland Drive, Suite 203

**How:** Invited by email as capacity allows

## Hants Health and Wellness Team

**What:** Wellness and chronic disease management support

**Where:** Hants Community Hospital, Windsor

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

**How:** Call 902-792-2052

## Community Health Teams

**What:** Wellness programming and wellness navigation

**Where:** Bedford Place Mall, 1658 Bedford Hwy, Bedford

Community Wellness Centre, 16 Dentith Rd., Spryfield

Tacoma Plaza, 58 Tacoma Dr., Dartmouth

Young Tower, 6080 Young St., Halifax

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

**How:** Call 902-460-4560

[www.communityhealthteams.ca](http://www.communityhealthteams.ca)

## Community Health and Wellness Centre – North Preston

**What:** Primary care and wellness programming for residents of East Preston, North Preston, Cherry Brook and Lake Loon

**Where:** North Preston Community Centre, 44 Simmonds Road

**When:** Monday to Thursday 8:30am - 4:30pm

Friday 8:00am - 3:30pm

**How:** Call 902-434-3807

## Community Health and Wellness Centre – East Preston

**What:** Primary care and wellness programming for residents of East Preston, North Preston, Cherry Brook and Lake Loon

**Where:** W5 Mall, 1900 Highway #7, Suite 201

**When:** Wednesday 8:00am - 3:30pm

Thursday and Friday 8:30am - 4:30pm

**How:** Call 902-434-0824

## NS Brotherhood

**What:** Free program for Black Men to access primary health care

**Where:** 6960 Mumford Road, Halifax

107 Albro Lake Road, Dartmouth

Upper Hammonds Plains Community Centre

North Preston Community Centre

W5 Mall, East Preston

**When:** Hours vary

**How:** Call 902-434-0824

**Email:** [nsbrotherhood@nshealth.ca](mailto:nsbrotherhood@nshealth.ca)

## prideHealth

**What:** Health system navigation for 2SLGBTQIA+ community

**How:** Call 902-487-0470

**Email:** [prideHealth@nshealth.ca](mailto:prideHealth@nshealth.ca)

[www.prideHealth.ca](http://www.prideHealth.ca)

## Cobequid Youth Health Centre

**What:** Counselling, support and referrals for people 13-25

**Where:** Cobequid Community Health Centre, 40 Freer Lane, Lower Sackville

**When:** Monday to Friday 8:00am - 5:00pm (call first)

**How:** Call 902-869-6131 or 902-869-6106

## Diabetes Centres

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

**Where:** Dartmouth, Halifax, Spryfield, Lower Sackville, Musquodoboit Harbour, Musquodoboit Valley, Sheet Harbour and Windsor

**How:** By referral from primary care provider or pharmacist