

# 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

# 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 except Thursday, 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