

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
- 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 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 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

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.

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 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

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

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

Northern Zone – where to go for healthcare



Cumberland County

Primary Care Clinics

For people without a primary care provider only

Where:

- Advocate Harbour
- Amherst
- Parrsboro
- Pugwash
- River Hebert
- Springhill

When: Hours vary

How: Call 1-855-597-2420 (toll free)

Monday to Friday 9 a.m. – 12 p.m.

Parrsboro Urgent Treatment Centre

For urgent, but not emergency care

Where: 50 Jenks Ave., Parrsboro

When: Monday, Tuesday, Thursday, Friday, Saturday
9 a.m. – 5 p.m. (subject to change)

How: Appointments required. Call 902-254-2540, Option 1
Learn more at nshealth.ca/urgenttreatmentcentre

Diabetes Centres

Where:

- Pharmasave Building
Suite 700, 158 Robert Angus Dr., Amherst
- North Cumberland Collaborative Practice
272 Gulf Shore Rd., Pugwash
- All Saints Springhill Hospital
10 Princess St., Springhill
- Cumberland South Collaborative Practice
76 Jenks Ave., Parrsboro

When: Monday to Friday 8 a.m. – 4 p.m.

How: Call 902-667-2850

Pictou County

Primary Care Clinic

For people without a primary care provider only

Where: 688A East River Rd., New Glasgow

When: Monday to Friday 8:30 a.m. – 4:30 p.m.

How: Call 902-752-8643 to book an appointment

Aberdeen Walk-In Clinic

For people without a primary care provider only

Where: 610 East River Rd., New Glasgow

When: Monday and Tuesday 1 p.m. – 5 p.m.

How: Call 902-752-7125 after 10 a.m. to book an appointment

One Door Chronic Disease Management Centre

For management of chronic diseases. By self-referral with confirmed diagnosis or health care provider referral

Where: Suite 205, 810 East River Rd., New Glasgow

When: Monday to Friday 8 a.m. – 4 p.m.

How: Call 902-755-7242

Colchester County and Municipality of East Hants

Primary Care Clinic

For people without a primary care provider only

Where: Suite 205, 316 Willow St., Truro

When: Monday to Friday

How: Call 902-843-2577 between 9 a.m. – 4 p.m. to book an appointment

Lillian Fraser Memorial Hospital Urgent Treatment Centre

For urgent, but not emergency care

Where: 110 Blair Ave., Tatamagouche

When: Monday to Thursday 8 a.m. – 6 p.m.

Every other weekend 8 a.m. – 6 p.m. (subject to change)

How: Appointments required. Call 902-657-2385 or visit in person. Learn more at nshealth.ca/urgenttreatmentcentre

Chronic Disease Management Clinic

For treatment of diabetes, cardiac rehabilitation and nutrition counselling. Some services by referral only.

Where: Colchester East Hants Health Centre, 600 Abenaki Rd., Truro

When: Monday to Friday 8 a.m. – 4 p.m.

How: Call 902-893-5528 to book an appointment

Truro Sexual Health Centre

Pap tests, STI tests, birth control, pregnancy counselling and hormone replacement therapy

Where: 130 - 68 Robie St., Truro

When: Wednesday 5 – 8 p.m.

How: Call 902-956-1550 to book an appointment

Truro Walk-In Clinic

Where: 68 Robie St., Truro

When: Monday to Friday, 5:30 – 8:30 p.m.

Saturday and Sunday 11:30 a.m. – 2:30 p.m.

How: Call 902-893-3635 to book an appointment.

For information about all of the programs and services offered by Nova Scotia Health, visit nshealth.ca/services

