

# Where to go for health care



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 (UTIs)
- 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 [needafamilypractice.nshealth.ca](http://needafamilypractice.nshealth.ca) or call 811.

## Primary Care Clinics

These clinics provide primary medical care for people on the *Need a Family Practice Registry*. Appointments must be pre-booked. See the back page for clinics in your area or visit [www.nshealth.ca/primarycareclinics](http://www.nshealth.ca/primarycareclinics)

## 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)

## 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.

## 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)

## Well Woman Clinics

These clinics offer a variety of health-related services such as pap screening and health education. For locations and contact information, visit [www.nshealth.ca/well-woman-clinics](http://www.nshealth.ca/well-woman-clinics)

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

## More Information

For information about all of the programs and services offered by Nova Scotia Health, visit [nshealth.ca/services](http://nshealth.ca/services)

# Lunenburg and Queens



## PRIMARY CARE CLINICS

### Lunenburg County Primary Care Clinic

**Where:** Bridgewater and Area Family Health Centre  
42 Glen Allan Drive, Medical Arts Building, Suite 110  
Bridgewater

**Who:** Area residents

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

### Queens County Primary Care Clinic

**Where:** Queens Family Health  
Queens General Hospital  
175 School Street, Liverpool

**Who:** Area residents

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

## AFTER HOURS CLINICS

### South Shore After Hours Clinic

**Where:** South Shore Regional Hospital  
90 Glen Allan Drive, Bridgewater

**Who:** For people with or without a physician or nurse practitioner

**When:** Hours vary

**How:** Call 902-527-5239 on Monday mornings to book an appointment. The phone will be answered at 8:30 a.m. until the appointments are full

## ASTHMA AND COPD

### Asthma COPD Education Centre

**Where:** Fishermen's Memorial Hospital, 3rd Floor  
14 High Street, Lunenburg  
Satellite clinics in Bridgewater and Liverpool

**Who:** Lunenburg County and Queens County residents with asthma and COPD, and their support network

**When:** Monday - Friday

**How:** By referral. Call 902-634-7338 for information

## PAP CLINICS

### Lunenburg County Primary Care Clinic

**Where:** Bridgewater and Area Family Health Centre  
42 Glen Allan Drive, Medical Arts Building, Suite 110  
Bridgewater

**Who:** For Lunenburg County residents without a provider

**When:** By appointment only

**How:** Call 902-527-1800, Option 6 for more information

### New Germany and Area Health Centre

**Where:** 100 Varner Road, New Germany

**Who:** Anyone requiring a PAP

**When:** By appointment only

**How:** Call 902-644-2361 for more information

### Queens County Primary Care Clinic

**Where:** Queens Family Health, Queens General Hospital  
175 School Street, Liverpool

**Who:** For Queens County residents without a provider

**When:** By appointment only

**How:** Call 902-354-3322 for more information

## DIABETES CENTRES

### Lunenburg County

**Where:** Fishermen's Memorial Hospital, 3rd Floor  
14 High Street, Lunenburg

**Who:** Lunenburg County residents. Self referral is available

**When:** Monday - Friday 8:00 a.m. - 4:00 p.m.

**How:** Call 902-634-7338 for info or to book an appointment

### Queens County

**Where:** Queens General Hospital, Main Floor  
175 School Street, Liverpool  
Satellite Clinic at North Queens Medical Centre

**Who:** Queens County residents. Self referral is available

**When:** Tuesday, Wednesday 8:00 a.m. - 4:00 p.m.

**How:** Call 902-354-3436 ext. 1257 for info or to book an appointment