

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 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

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

Kings and Annapolis



PRIMARY CARE CLINICS

Kings & Annapolis Primary Care Clinic

Where: Soldiers' Memorial Hospital, 462 Main Street, Middleton and 70 Exhibition Street, Kentville

Who: People without a physician or nurse practitioner (Bridgetown to Aylesford)

When: By appointment only

How: Call Monday - Friday, 1-866-400-0060 or 902-825-5206

AFTER HOURS CLINICS

Berwick After Hours Clinic

Where: Western Kings Memorial Health Centre
121 Orchard Street, Berwick

Who: People with or without a physician or nurse practitioner

When: Monday - Friday 5:00 p.m. - 9:00 p.m.
Saturday 10:00 a.m. - 5:00 p.m.

How: Call 902-538-3111 for an appointment
Monday - Friday starting at 8:00 a.m.

Wolfville After Hours Clinic

Where: Eastern Kings Memorial Health Centre
23 Earnscliffe Avenue, Wolfville

Who: People with or without a physician or nurse practitioner

When: Monday - Friday 5:00 p.m. - 9:00 p.m.
Sundays 10:00 a.m. - 5:00 p.m.

How: Call 902-542-2266 for an appointment
Monday - Friday after 8:00 a.m.

URGENT TREATMENT CENTRE

Annapolis Urgent Treatment Centre

Where: Annapolis Community Health Centre, 821 St. George St.

Who: People with or without a physician or nurse practitioner

When: Monday, Wednesday and Friday, 9:00 a.m. - 4:00 p.m.

How: Call 902-532-4011 for an appointment or visit in-person

THE RED DOOR

Where: 10 Webster Street - Suite 203, Kentville

Who: Confidential sexual health services for people ages 13 - 30.

How: Call 902-679-1411, drop in or email info@thereddoor.ca

www.thereddoor.ca

PREGNANCY NAVIGATOR

Pregnant and no primary care provider?

Please call 902-679-2657 ext 3050

NOVA SCOTIA WOMEN'S CHOICE CLINIC

If you are pregnant and considering abortion, please call 1-833-352-0719 as soon as possible, to discuss options.

DIABETES CENTRES

Annapolis Royal

Where: Annapolis Community Health Centre
821 St. George St.

Who: Annapolis and area residents. Self-referral available.

How: Call 902-532-4022

Kentville

Where: Valley Regional Hospital, 150 Exhibition Street

Who: Kentville and area residents. Self-referral available

When: Monday - Friday 8:00 a.m. - 3:00 p.m.

How: Call 902-679-1849

Middleton

Where: Soldiers' Memorial Hospital, 462 Main Street

Who: Middleton and area residents. Self-referral available.

How: Call 902-679-1849

MONTHLY PAP CLINICS

Annapolis Royal

Where: Annapolis Community Health Centre
821 St. George St.

How: Call 902-532-2324

Berwick

Where: Western Kings Memorial Health Centre
121 Orchard Street

How: Call 902-538-3111

Wolfville

Where: Eastern Kings Memorial Health Centre
123 Earnscliffe Avenue

How: Call 902-542-2266

Middleton

Where: Primary Care Clinic, Soldiers' Memorial Hospital
462 Main Street

How: Call 902-825-5206



www.nshealth.ca