

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

Digby, Shelburne and Yarmouth



PRIMARY CARE CLINICS

Digby and Area Primary Care Clinic and Collaborative Family Practice

Where: Digby and Area Health Services Centre
71 West St, Digby

Who: For Digby County residents without a physician or nurse practitioner

When: By appointment only

How: Call 902-245-1307

Yarmouth Primary Care Clinic

Where: Yarmouth Regional Hospital
60 Vancouver Street
(Level 0, Building B)

Who: For Yarmouth County residents without a physician or nurse practitioner

When: By appointment only

How: Clinic contacts people on Registry directly by phone and email.

Shelburne Family Practice Care Clinic

Where: 1608 Lake Road, Shelburne

Who: For Shelburne County residents without a physician or nurse practitioner

When: By appointment only

How: Call 902-875-2321 for more information or follow Shelburne Family Practice on Facebook for clinic dates

DIABETES CENTRES

Digby and Area

Where: Digby and Area Health Services Centre
71 West St, Digby

Satellite clinics at Clare Health Centre and Weymouth Medical Centre

Who: Digby County residents. Self-referral is available

When: Monday - Thursday, 8:00 a.m. - 4:00 p.m.

How: Call 902-245-1307

Shelburne

Where: 1608 Lake Road, Shelburne
Satellite clinic in Barrington Passage at Barrington Community Health Centre

Who: For Shelburne County residents

When: By appointment only

How: Call 902-875-8009 for more information

Yarmouth Regional Hospital Diabetes Centre

Where: Yarmouth Regional Hospital
60 Vancouver Street

Who: For Yarmouth County residents.
Self-referral is available.

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

How: Call 902-742-3542 ext. 1245

PAP CLINICS

Digby and Area

Where: Digby and Area Health Services Centre
71 West St, Digby

Who: For Digby County residents

When: By appointment only

How: Call 902-245-1307 for more information

Yarmouth Regional Hospital

Where: Yarmouth Regional Hospital
60 Vancouver Street

Who: For Yarmouth County residents without a physician or nurse practitioner

When: By appointment only

How: Call 902-742-3542 x 1459

Tri-County Women's Centre

Where: Tri-County Women's Centre
12 Cumberland Street, Yarmouth

Who: For Yarmouth County residents without a physician or nurse practitioner

When: By appointment only

How: Call 902-742-0085

Shelburne

Where: 1608 Lake Road, Shelburne

Who: For Shelburne County residents

When: By appointment only

How: Call 902-875-2321 for more information