

# Where to go for healthcare

People with potentially life-threatening conditions should immediately call 911 or go to their nearest emergency department. The 24-hour mental health crisis line is also available at 1- 888-429-8167. You can also visit [mhahelpns.ca](https://mhahelpns.ca) for non-urgent information on support and available services.

If you have a health concern, you should contact your family doctor or nurse practitioner first. If they are not available, or you do not have one, there are services ready to help you. The primary care options across the province are listed below and the services in your local community are on the back page.

## 811

Call 811 to speak with a registered nurse for healthcare advice, 24 hours a day, seven days a week.

## Need a Family Practice Registry

The Need a Family Practice Registry connects Nova Scotians who do not have a primary care provider to a family doctor or nurse practitioner. Add your name to the registry at [needafamilypractice.nshealth.ca](https://needafamilypractice.nshealth.ca) or call 811.

## 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](https://yourhealthns.ca) or download from the Google or Apple store.

## VirtualCareNS

VirtualCareNS provides all Nova Scotians with access to a primary care provider (doctor or nurse practitioner) online through their computer or mobile device. There is different access available for individuals with a primary care provider and individuals who do not have a primary care provider. For more information, visit [virtualcarens.ca](https://virtualcarens.ca).

## Primary Care Clinics

Primary Care Clinics provide care for people on the Need a Family Practice Registry. Your Primary Care Clinic team will always work towards getting you the right care, at the right place, at the right time, with the right provider. Depending on your health concern, that may mean an in-person appointment at the clinic. It could also mean your Primary Care Clinic connects you to another health care provider in your community. For more information, please visit [primarycareclinics.ca](https://primarycareclinics.ca).

## Mobile Primary Care Clinics

This is a temporary mobile service to provide primary care for people with mild or moderate health concerns. For more information, visit [nshealth.ca/mobileprimarycareclinics](https://nshealth.ca/mobileprimarycareclinics).

## Pharmacy Primary Care Services

Community Pharmacy Primary Care Clinics offer non-emergency care to all Nova Scotians with a valid health card, providing assessments, prescriptions for conditions like strep throat (over age three), pink eye, UTIs, chronic disease management, and prescription renewals. Appointments are required. To learn more and see a list of locations, visit [pans.ns.ca/CPGCC](https://pans.ns.ca/CPGCC).

Any pharmacist in your community can also assess and prescribe for birth control, UTIs, shingles, and Lyme disease prevention. To find a pharmacy near you, visit [pans.ns.ca/find](https://pans.ns.ca/find).

## Urgent Treatment Centres

Urgent Treatment Centres provide care for non-life-threatening conditions needing urgent attention. They do not accept ambulances and only see patients by appointment. Visit [nshealth.ca/urgenttreatmentcentre](https://nshealth.ca/urgenttreatmentcentre).

## Virtual Urgent Care

Virtual Urgent Care offers a virtual option for people coming to the hospital with urgent, non-life-threatening health issues. It is not a replacement for the emergency department but will be particularly helpful during times when the local emergency department is temporarily closed. For more information, visit [nshealth.ca/virtual-urgent-care](https://nshealth.ca/virtual-urgent-care).

## prideHealth

prideHealth works to improve access to safe, coordinated, comprehensive primary health care for people who are part of the 2SLGBTQIA+ community. For more information, visit [www.prideHealth.ca](https://www.prideHealth.ca).

## Nova Scotia Brotherhood and Nova Scotia Sisterhood

Nova Scotia Brotherhood and Nova Scotia Sisterhood are free programs for Black men and Black women to access health care and improve overall health and wellbeing. For more information, visit [nshealth.ca/nova-scotia-brotherhood](https://nshealth.ca/nova-scotia-brotherhood) and [nshealth.ca/nova-scotia-sisterhood](https://nshealth.ca/nova-scotia-sisterhood).

# Antigonish, Guysborough, and Canso Strait



## Antigonish Primary Care Clinic

**What:** Care by appointment only for people without a family doctor or nurse practitioner who are referred through VirtualCareNS - Full Care.

**When:** Hours vary

**Where:** 40 Church Street, Antigonish

## Virtual Urgent Care

**What:** A virtual option for any Nova Scotian coming to the hospital with urgent, non-life-threatening health issues.

**Where:** Eastern Memorial Hospital and Guysborough Memorial Hospital

**When:** Eastern Memorial Hospital - Monday and Tuesday from 8 a.m. to 6:45 p.m.; Wednesday from 8 a.m. to 2:30 p.m.; Thursday to Sunday from 8 a.m. to 6:45 p.m., Guysborough Memorial Hospital - Monday to Sunday, 8 a.m. - 7 pm. Hours are subject to change.

## Well Woman Clinic – Antigonish

**What:** Offer a variety of health-related services, such as pap screening and health education

**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 to book an appointment

## 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 a.m. - 4:30 p.m.

**How:** Call 902-522-2882 to book an appointment

## Community Pharmacy Primary Care Clinics

**Who:** Anyone in the community with or without a family doctor or nurse practitioner

**What:** Provides assessments, prescriptions for conditions like strep throat (over age three), pink eye, UTIs, chronic disease management, and prescription renewals.

**When:** By appointment only

**Where:** Guysborough Pharmacy, 133 Main Street

**How:** 902-533-2224 or book online at

[pans.ns.ca/CPGCC](https://pans.ns.ca/CPGCC)

**Please Note:** Any pharmacist in your community can also assess and prescribe for birth control, UTIs, shingles, and Lyme disease prevention. To find a pharmacy near you, visit [pans.ns.ca/find](https://pans.ns.ca/find).

## Diabetes Centres

**What:** support from certified diabetes educators (nurses and dietitians)

## St. Martha's Regional Hospital

23 Bay Street, 2nd Floor, Antigonish

Call 902-867-4500 and use extension 4249 to book an appointment.

## St. Mary's Memorial Hospital

91 Hospital Road, Sherbrooke

Call 902-522-2882 to book an appointment.