

# 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 primary care provider (family doctor or nurse practitioner). If your provider is 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 area 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).

# Kings and Annapolis



## PRIMARY CARE CLINICS

### Kings & Annapolis Primary Care Clinic

**Where:** Middleton Location: Soldiers' Memorial Hospital, 462 Main Street, Middleton

Kentville Location: Suite 210, 70 Exhibition Street, Kentville

**When:** By appointment only

**How:** Call Monday - Friday, 1-866-400-0060 (toll-free)

## SAME DAY CLINICS

### Berwick Clinic

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

**Who:** People with or without a physician or nurse practitioner

**How:** Call 1-833-710-0110 Monday - Friday, starting at 8 a.m. until all appointments are filled

### Wolfville Clinic

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

**Who:** People with or without a physician or nurse practitioner

**How:** Call 1-833-710-0110 Monday - Friday, starting at 8 a.m. until all appointments are filled

## 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, Tuesday, Wednesday and Friday,  
9:00 a.m. - 4:00 p.m.

**How:** To book or cancel an appointment, call 902-532-4011.  
Phone lines open at 8:30 a.m. 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](mailto:info@thereddoor.ca)  
[www.thereddoor.ca](http://www.thereddoor.ca)

## PREGNANCY NAVIGATOR

Pregnant and no primary care provider?

Please call 902-679-2657 ext 3050

## 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 1-866-400-0060

### Middleton and Kentville

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

**How:** Call 1-866-400-0060

### Wolfville

**Where:** Eastern Kings Memorial Health Centre  
23 Earnscliffe Avenue

**How:** Call 1-866-400-0060