

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 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 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 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.

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.

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.

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.

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.

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.

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.

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.

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 and nshealth.ca/nova-scotia-sisterhood.

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

Shelburne Same Day Clinic

Where: Roseway Hospital, 1606 Lake Road, Shelburne

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

When: Saturdays and Sundays: 8 a.m. - 4 p.m. By appointment only

How: Call 902-875-7445 on clinic days, starting at 8 a.m.

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 902-746-1245

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