

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.

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. and Saturday and Sunday starting at 10 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. and Saturday and Sunday starting at 10 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
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