

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/PPCC.

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.

Lunenburg and Queens

Primary Care Clinics

Lunenburg County Primary Care Clinic

Where: Medical Arts Building - Suite 302
42 Glen Allan Drive, Bridgewater

Who: Area residents

How: By referral only, including VirtualCareNS referrals. Appointments cannot be booked directly and there are no walk-in appointments

Phone number: 1-844-761-0880

Queens County Primary Care Clinic

Where: Queens Family Health, Queens General Hospital 175 School St. Liverpool

Who: Area residents

How: By referral only, including VirtualCareNS referrals. Appointments cannot be booked directly and there are no walk-in appointments

After Hours Clinics

South Shore After Hours Clinic

Where: Medical Arts Building - Suite 302
42 Glen Allan Drive, Bridgewater

Who: For people with or without a physician or nurse practitioner

When: Hours vary

How: Call 902-527-5239 on Monday mornings to book an appointment. The phone will be answered at 8:30 a.m. until the appointments are full

Asthma COPD Education Centre

Where: Fishermen's Memorial Hospital, 3rd Floor
14 High Street, Lunenburg

Satellite clinics in Bridgewater and Liverpool

Who: Lunenburg County and Queens County residents with asthma and COPD, and their support network

When: Monday - Friday

How: By referral. Call 902-634-7338 for information

Diabetes Centres

Lunenburg County

Where: Fishermen's Memorial Hospital, 3rd Floor
14 High St., Lunenburg

Who: Lunenburg County residents. Self-referral is available

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

How: Call 902-634-7338

Queens County

Where: Queens General Hospital, Main Floor 175 School St., Liverpool. Satellite Clinic at North Queens Medical Centre.

Who: Queens County residents. Self-referral is available

When: Tuesday, Wednesday 8:00 a.m. - 4:00 p.m.

How: Call 902-354-3436 ext. 1257



PAP CLINICS

Lunenburg County Primary Care Clinic

Where: Lunenburg County Primary Care Clinic, 42 Glen Allan Drive, Medical Arts Building, Suite 302 Bridgewater NS

Who: For Lunenburg County residents without a provider

How: By referral only through VirtualCareNS.

New Germany and Area Health Centre

Where: 100 Varner Road, New Germany

Who: Anyone requiring a PAP

When: By appointment only

How: Call 902-644-2361 for more information

Queens County Primary Care Clinic

Where: Queens Family Health, Queens General Hospital 175 School Street, Liverpool

Who: For Queens County residents without a provider

When: By appointment only

How: Call 902-354-3322 for more information

Maternity Care

Lunenburg, Queens and Shelburne

Where: South Shore Regional Hospital
90 Glen Allan Dr., Bridgewater

Who: Lunenburg, Queens and Shelburne residents.

When: Monday - Friday 9:00 a.m. - 4:30 p.m.

How: Patients with a Primary Care Provider need a referral. Patients without a Primary Care provider can self-refer. Call 902-527-1180

Midwifery Care

Lunenburg, Queens and Shelburne

Where: Fisherman's Memorial Hospital
14 High St., Lunenburg

Who: Any resident requesting Midwifery Care

When: Monday - Friday 9:00 a.m. - 4:30 p.m.

How: Self-referral. Call 902-634-7375 to learn more.