

Where to go for healthcare

Wellness and Prevention

This handout provides information on local services that provide screening, prevention, and ongoing wellness support, to help you stay informed and take proactive steps in your care.

Cancer Screening and Early Detection

Cancer screening is about preventing cancer or finding it early before there are warning signs. Nova Scotia has four organized cancer screening programs:

Breast Screening Program

- Call **1-800-565-0548**, Monday to Friday, 8 a.m. - 5 p.m.

Cervical Cancer Prevention Program

- Call **1-888-480-8588**
- Email: cancercareinfo@nshealth.ca

Colon Cancer Prevention Program

- Call **1-866-599-2267**
- Email: cancercareinfo@nshealth.ca

Lung Screening Program

- Call **1-833-505-5864**
- Email: lungscreening@nshealth.ca

Learn more at nshealth.ca/cancer/cancer-screening-and-early-detection

STI and STD Testing

Sexual Health Clinics

Confidential, inclusive, and accessible sexual health care services for Nova Scotians. Services vary by location.

Learn more at nshealth.ca/sexual-health-clinics.

STI Care Now

Free, confidential self-testing kits and virtual care testing for gonorrhea, chlamydia, and HIV screening.

Learn more and request a kit at nshealth.ca/sti-care-now. For questions, email STBBIQuestions@nshealth.ca.

HealthyNS

HealthyNS provides free online health and wellness classes for residents of Nova Scotia. Topic areas include Self-Management, Reducing Your Health Risks, Healthy Eating, Physical Activity, Mental Wellness and Parenting. 18+ and youth programs available. Learn more and register at healthyns.ca.

Smoking Cessation

Access the Stop Smoking Program for support in quitting tobacco. Call by your location:

- **HRM, Eastern Shore and West Hants:** 1-855-922-1122.
- **Cape Breton:** 902-563-8646
- **Guysborough, Antigonish and Strait area:** 902-625-8819
- **Colchester-East Hants, Cumberland and Pictou areas:** 902-667-3879; 902-893-5526 ext. 1; 902-755-1288; or 902-883-0295
- **Annapolis Valley, South Shore and South West:** 1-855-273-7110; 1-877-334-3431; or 902-742-4222

Learn more at mha.nshealth.ca/en/stop-smoking-program.

Public Health Mobile Unit

Public Health Mobile Unit provides Public Health services in communities across the province. The program is made up of healthcare vans and people working together with community to support Public Health programs and services.

Vaccinations and testing are offered, including:

- COVID-19 vaccine (6 months+)
- Standard Influenza vaccines (6 months+)
- Seniors' Influenza vaccines (65+)
- RSV vaccine (75+)
- Pneumococcal vaccine (65+)
- Shingles vaccine (65+)
- COVID-19 and influenza tests

Learn more and see upcoming clinics at nshealth.ca/PHMU.