

# 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](mailto:cancercareinfo@nshealth.ca)

#### Colon Cancer Prevention Program

- Call **1-866-599-2267**
- Email: [cancercareinfo@nshealth.ca](mailto:cancercareinfo@nshealth.ca)

#### Lung Screening Program

- Call **1-833-505-5864**
- Email: [lungscreening@nshealth.ca](mailto:lungscreening@nshealth.ca)

Learn more at [nshealth.ca/cancer/cancer-screening-and-early-detection](https://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](https://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](https://nshealth.ca/sti-care-now). For questions, email [STBBIQuestions@nshealth.ca](mailto: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](https://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](https://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](https://nshealth.ca/PHMU).

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### Early Years Pregnancy and Parenting Supports

Public Health's Early Years program offers free support for parents of infants and young children - anywhere in Nova Scotia.

Check out the free services offered by Early Years:

- [Pregnancy Supports](#)
- [Parenting Supports](#)
- [Infant Feeding Support](#)
- [Healthy Beginnings](#)
- [Enhanced Home Visiting](#)
- [Nurse-Family Partnership](#)

You can be referred to Early Years by a healthcare provider, community organization, or you can request these services for yourself by contacting your Early Years in your zone.

#### Central Zone Early Years

*Halifax area, Eastern Shore and West Hants*  
902-481-4967/1-800-430-9557 (Toll Free)  
[earlyyearscz@nshealth.ca](mailto:earlyyearscz@nshealth.ca)

#### Eastern Zone Early Years

*Cape Breton, Guysborough and Antigonish*  
902-563-2400  
[earlyyearsez@nshealth.ca](mailto:earlyyearsez@nshealth.ca)

#### Northern Zone Early Years

*Colchester-East Hants, Cumberland and Pictou*  
902-667-3319  
[nzeynurses@nshealth.ca](mailto:nzeynurses@nshealth.ca)

#### Western Zone Early Years

*Annapolis Valley, South Shore and South West*  
1-833-601-0949 (Toll Free)  
[earlyyearswz@nshealth.ca](mailto:earlyyearswz@nshealth.ca)

### Public Health Youth Health Centres

Youth Health Centres (YHC) provide a safe, welcoming and supportive environment in high schools to help youth make decisions about their health and well-being. The YHC Coordinator supports youth health through confidential conversations, helps with navigation to health resources in the community if needed, and helps to create opportunities for health and well-being in the school.

Learn more about [Public Health's Youth Health Centres](#).