

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 primary care provider (family doctor or nurse practitioner). If your provider is 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 area 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/CPPCC.

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.

Colchester County



Colchester County Primary Care Clinic

Who: Anyone in the community without a family doctor or nurse practitioner

Where: Suite 205, 316 Willow St., Truro

When: Monday to Friday

How: Call 902-843-2577 between 9 a.m. – 4 p.m. Monday to Friday to book an appointment

For more information, please visit primarycareclinics.ca.

Urgent Treatment Centre - Lillian Fraser Memorial Hospital

Who: Anyone in the community with or without a family doctor or nurse practitioner

What: Provide urgent but non-emergency health care

Where: 110 Blair Ave., Tatamagouche

When: Tuesday, Wednesday, Thursday, Saturday and Sunday, 8 a.m.-4:30 p.m. Closed Monday and Friday. (Subject to change)

How: Appointments are required. Call 902-657-2385 or visit in person.

Truro Walk-In Clinic

Who: Anyone in the community without a family doctor or nurse practitioner

Where: 68 Robie St., Truro

When: Monday to Friday, 5:30 – 8:30 p.m.

Saturday and Sunday 11:30 a.m. – 2:30 p.m.

How: Call 902-893-3635 to book an appointment

Chronic Disease Management Clinic

Who: Anyone in the community without a family doctor or nurse practitioner

What: For treatment of diabetes, cardiac rehabilitation and nutrition counselling.

Where: Colchester East Hants Health Centre, 600 Abenaki Rd., Truro

When: Monday to Friday 8 a.m. – 4 p.m.

How: Call 902-893-5528 to book an appointment. Some services by referral only.

Colchester East Hants Sexual Health Centre (Truro Sexual Health Centre)

What: This clinic offers inclusive, accessible sexual health services

Who: anyone in the community with or without a family doctor or nurse practitioner

Where: 130 - 68 Robie St., Truro

How: Call 902-956-1550 to book an appointment

Northern Zone Mobile Health and Wellness Team

Who: Anyone in the community with or without a family doctor or nurse practitioner

What: Provides health and wellness-based services in rural community areas

When and Where: View their mobile schedule at nshealth.ca/nzmhwt

How: Call 782-370-0424 to book an appointment

Community Pharmacy Primary Care Clinics

Who: Anyone in the community with or without a family doctor or nurse practitioner

What: providing assessments, prescriptions for conditions like strep throat (over age three), pink eye, UTIs, chronic disease management, and prescription renewals.

When: by appointment only

The Medicine Shoppe Truro

Where: 1B-664 Prince St

How: Call 902-814-2679 or book online at

pans.ns.ca/CPPCC

Lawtons' Pharmacy Truro

Where: 206-316 Willow St, Truro

How: Call 902-896-0987 or book online at

pans.ns.ca/CPPCC

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.