

Where to go for healthcare



www.nshealth.ca

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, your first call should be to your primary care provider (family doctor or nurse practitioner). If your provider is not available, or you do not have one, there are other services ready to help you. There are also programs to help keep you healthy. The primary care options across the province are listed below and the services in your area are on the back page.

811 and Need a Family Practice Registry

Call 811 to speak with a registered nurse for healthcare advice, 24 hours a day, seven days a week. Also, there is information on more than 500 health topics at 811.NovaScotia.ca.

The Need a Family Practice Registry connects Nova Scotians who do not have a primary care provider with a family practice. 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.

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.

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. Local pharmacists 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.

HealthyNS.ca

Visit healthyns.ca to find out about the free online wellness sessions offered by Nova Scotia Health, in partnership with IWK Health.

Stopping Tobacco Use

To learn more about stopping or cutting back on tobacco use, please call 811 or go to tobaccofree.novascotia.ca.

ROSE Clinic (Reproductive Options and Services)

If you are pregnant and considering abortion, learn more about your medical and procedural abortion options by calling **1-833-352-0719**.

Nova Scotia Breast Screening Program

This service is available for all asymptomatic (no symptoms) women over the age of 40. To book a mammogram screening appointment, call toll-free **1-800-565-0548**. For more information on the process and the mobile screening schedule, visit breastscreening.nshealth.ca.

Colon Cancer Prevention Program

The Colon Cancer Prevention Program mails home-screening kits to all Nova Scotians aged 50 to 74 with the goal of preventing cancer, or finding it early when treatment is most effective. For more information, visit nshealth.ca/colon-cancer-prevention-program.

THERE ARE NOW MORE WAYS TO ACCESS CARE IN NOVA SCOTIA.
Download the **YourHealthNS** app today.

App Store Google Play

Central Zone

Walk-in Clinics

What: Private walk-in clinics

Where: Throughout Nova Scotia

How: Visit ns.skipwithwaitingroom.com

Bayers Lake Community Outpatient Centre

What: Care by appointment for those without a primary care provider who are referred by VirtualCareNS.

When: Hours vary

Where: 420 Susie Lake Crescent, Halifax

Dartmouth South Primary Care Clinic

What: Care by appointment for those without a primary care provider who are referred by VirtualCareNS.

Where: 380 Portland Street, Dartmouth

When: Hours vary

How: Call 902-465-7302

Hants Health and Wellness Team

What: Wellness and chronic disease management support

Where: Hants Community Hospital, Windsor

When: Monday to Friday 8:30am - 4:30pm

How: Call 902-792-2052

Community Health Teams

What: Wellness programming and wellness navigation

Where: Bedford Place Mall, 1658 Bedford Hwy, Bedford

Community Wellness Centre, 16 Dentith Rd., Spryfield

Tacoma Plaza, 58 Tacoma Dr., Dartmouth

Young Tower, 6080 Young St., Halifax

When: Monday to Friday 8:30am - 4:30pm

How: Call 902-460-4560

www.communityhealthteams.ca

Community Health and Wellness Centre – North Preston

What: Primary care and wellness programming for residents of East Preston, North Preston, Cherry Brook and Lake Loon

Where: North Preston Community Centre, 44 Simmonds Road

When: Monday to Thursday 8:30am - 4:30pm, Friday 8:00 a.m. - 3:30 p.m.

How: Call 902-434-3807

Community Health and Wellness Centre – East Preston

What: Primary care and wellness programming for residents of East Preston, North Preston, Cherry Brook and Lake Loon

Where: W5 Mall, 1900 Highway #7, Suite 201

When: Wednesday 8:00am - 3:30pm

Thursday and Friday 8:30am - 4:30pm

How: Call 902-434-0824



NS Brotherhood

What: Free program for Black Men to access primary health care

Where: 6960 Mumford Road, Halifax

107 Albro Lake Road, Dartmouth

Upper Hammonds Plains Community Centre

North Preston Community Centre

W5 Mall, East Preston

When: Hours vary

How: Call 902-434-0824

Email: nsbrotherhood@nshealth.ca

prideHealth

What: Health system navigation for 2SLGBTQIA+ community

How: Call 902-487-0470

Email: prideHealth@nshealth.ca

www.prideHealth.ca

Cobequid Youth Health Centre

What: Counselling, support and referrals for people 13-25

Where: Cobequid Community Health Centre, 40 Freer Lane, Lower Sackville

When: Monday to Friday 8:00am - 5:00pm (call first)

How: Call 902-869-6131 or 902-869-6106

Diabetes Centres

What: Self-management support from certified diabetes educators (nurses and dietitians)

Where: Dartmouth, Halifax, Spryfield, Lower Sackville, Musquodoboit Harbour, Musquodoboit Valley, Sheet Harbour and Windsor

How: By referral from primary care provider or pharmacist