

# 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://nshealth.ca/nova-scotia-brotherhood) and [nshealth.ca/nova-scotia-sisterhood](http://nshealth.ca/nova-scotia-sisterhood).

# Pictou County



## Pictou County Primary Care Clinic

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

**Where:** 688A East River Rd., New Glasgow

**When:** Monday to Friday, 8:30 a.m. – 4:30 p.m.

**How:** Call 902-752-8643 to book an appointment

For more information, please visit [primarycareclinics.ca](https://primarycareclinics.ca).

## One Door Chronic Disease Management Centre

**Who:** Anyone in the community with or without a primary care provider, with a diagnosed chronic disease

**What:** Offers support with management of chronic diseases

**Where:** Suite 205, 810 East River Rd., New Glasgow

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

**How:** Call 902-755-7242 or referral from primary care provider

## Pictou County Sexual Health Clinic

**Who:** Anyone with or without a family doctor or nurse practitioner

**What:** Offers inclusive, accessible sexual health services

**Where:** 688A East River Road, New Glasgow, NS

**How:** Call 902-752-8643 to book an appointment

## Northern Zone Mobile Health and Wellness Team

**Who:** Any community member of Colchester, Cumberland or Pictou Counties

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

**When and Where:** View their upcoming schedule at [nshealth.ca/nzmhwt](https://nshealth.ca/nzmhwt)

**How:** Call 782-370-0424 to book an appointment, or via drop-in for wellness groups at our community locations

## Community Pharmacy Primary Care Clinics

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

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

**When:** By appointment only

- **Pictou Pharmasave**

**Where:** 33 Water St., Pictou

**How:** Call 902-485-4339 or book online at [pans.ns.ca/CPPCC](https://pans.ns.ca/CPPCC)

**Please Note:** 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](https://pans.ns.ca/find).