

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/CPGCC.

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.

Eastern Zone



Sydney Primary Care Clinic

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

When: Hours vary

Where: Membertou Sport and Recreation Centre
-East Entrance, 1200 - 95 Maillard Street

Antigonish Primary Care Clinic

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

When: Hours vary

Where: 40 Church Street, Antigonish

Northside Primary Care Clinic

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

When: Hours vary

Where: North Sydney Mall, 116 King St., Unit 23B, North Sydney

Glace Bay Primary Care Clinic

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

When: Hours vary

Where: Senator's Health Centre, 633 Main Street – Suite 301

Northside Urgent Treatment Centre

What: Care by appointment for any Nova Scotian with unexpected but non-life-threatening health concerns

When: Monday, Tuesday, Thursday, 8:00 a.m. – 7:30 p.m.
Wednesday, Friday, Saturday, 9:00 a.m. – 4:30 p.m.

Where: Northside General Hospital
520 Purves Street, North Sydney

How: Call 902-794-8966 or come to the centre

Victoria County Urgent Treatment Centre

What: Care by appointment for those with unexpected but non-life-threatening health concerns

Who: Those with or without a primary care provider

Where: Victoria County Memorial Hospital
30 Old Margaree Road, Baddeck

When: Every day, 8:00 a.m. – 4:00 p.m.

How: Call 902-295-2983 to book an appointment (no walk-ins)

Virtual Urgent Care

What: A virtual option for any Nova Scotian coming to the hospital with urgent, non-life-threatening health issues.

Where: Eastern Memorial Hospital and Guysborough Memorial Hospital

When: Eastern Memorial Hospital - Monday to Friday, 11 a.m. - 2 p.m., Guysborough Memorial Hospital - Monday to Friday, 11 a.m. - 7 p.m., Saturday & Sunday, 9 a.m. - 1 p.m. Hours are subject to change.

Well Woman Clinic – Antigonish

What: Offer a variety of health-related services, such as pap screening and health education

Where: Antigonish Women's Resource Centre/ Lindsay's Health Centre for Women, Kirk Place, 219 Main Street, Antigonish

When: Thursdays

How: Call 902-318-9984 to book an appointment

Well Woman Clinic - Sherbrooke

What: Offer a variety of health-related services, such as pap screening and health education

Where: St. Mary's Hospital 91 Hospital Road, Sherbrooke

When: Monday to Friday 8:30 a.m. - 4:30 p.m.

How: Call 902-522-2882 to book an appointment

Well Woman Clinics – Cape Breton Regional Municipality

What: Offer a variety of health-related services, such as pap screening and health education

Where: New Waterford and North Sydney

How: Call 1-877-794-5427 to book an appointment

Diabetes Centres

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

Where: Antigonish, Arichat, Baddeck, Canso, Cheticamp, Cleveland, Glace Bay, Guysborough, Inverness, New Waterford, North Sydney, Sherbrooke, Sydney

How: Please visit nshealth.ca/diabetes for more information.