

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 family doctor or nurse practitioner first. If they are 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 local community 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 family doctor or nurse practitioner online through their computer or mobile device. There are different care options available depending on whether or not you have a family doctor or nurse practitioner. 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.

Cumberland County



Cumberland County Primary Care Clinic

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

When: Monday to Friday

How: Call 1-855-597-2420 between 9 a.m. - 12 p.m., Monday to Friday to book an appointment. For more information, visit primarycareclinics.ca.

Diabetes Centres

Who: Anyone in the community living with diabetes

Where:

- North Cumberland Collaborative Practice, 260 Gulf Shore Rd., Pugwash
- All Saints Springhill Hospital, 10 Princess St., Springhill
- Cumberland South Collaborative Practice, 76 Jenks Ave., Parrsboro

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

How: Call 902-667-2850. For more information, visit nshealth.ca/diabetes.

Virtual Urgent Care

Who: Anyone in the community with urgent, non-life-threatening health concerns

What: A virtual care option that is based on-site

Where:

- All Saints Springhill Hospital, 10 Princess St., Springhill
- North Cumberland Health Care Centre, 260 Gulf Shore Rd., Pugwash

When: Daily 8 a.m. - 7 p.m.

How: Walk-in only.

For more information, visit nshealth.ca/virtualurgentcare

Northern Zone Mobile Health and Wellness Team

Who: Any community member of Colchester-East Hants, Cumberland and Pictou areas

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

Urgent Treatment Centres

South Cumberland Community Care Centre

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

What: For urgent, but not emergency care

Where: 50 Jenks Ave., Parrsboro

When: Monday to Saturday 8:30 a.m. – 4:30 p.m. (Subject to change)

How: Appointments are required. Call 902-254-2540, Option 1

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

Amherst Loblaws Drugstore #312

Where: 126 South Albion St., Amherst

How: Call 902-661-0703 ext 190 or book online at pans.ns.ca/CPGCC

Amherst Lawtons Pharmacy

Where: 2 Lawrence St, Unit 204, Amherst

How: Call 902-661-1627 or book online at 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.