

Where to go for health care



If you have an urgent health concern, your first call should be to your primary care provider (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 and healthy living services available 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 health care advice, 24 hours a day, 7 days a week. Also, there is information on more than 500 health topics at:

811.NovaScotia.ca

Community Pharmacies

Community pharmacists can:

- Assess and prescribe for minor ailments, such as skin conditions, tick bites and UTIs
- Renew prescriptions
- Prescribe and inject vaccines/medications

To find a pharmacy in your community, please visit:

pans.ns.ca/find

Need a Family Practice Registry

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.

Primary Care Clinics

These clinics provide primary medical care for people on the *Need a Family Practice Registry*. Appointments must be pre-booked. See the back page for clinics in your area or visit nshealth.ca/primarycareclinics

VirtualCareNS

VirtualCareNS provides people on the *Need a Family Practice Registry* with free online access to a family doctor or nurse practitioner. For more information, visit virtualcarens.ca

Mental Health Concerns

Call the 24-hour mental health crisis line at 1-888-429-8167. You can also visit mhahelpns.ca for information on support and available services.

Emergency Care

People with potentially life-threatening conditions should immediately call 911 or go to their nearest emergency department.

HealthyNS.ca

Please visit: healthyns.ca to find out about the free online wellness sessions offered by Nova Scotia Health, in partnership with the IWK. There is also a wide range of information on healthy living at this site.

Health Goal Coaching

Health Goal Coaching is a program to support you with setting and sustaining behaviour changes to improve your health. Information is on healthyns.ca under “Reducing Your Health Risks” or call 1-855-444-5557 to make a self-referral.

Stopping Tobacco Use

Stopping or cutting back on tobacco use is one of the best things you can do for your health. To learn more, please call 811 or go to: tobaccofree.novascotia.ca

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, please visit: breastscreening.nshealth.ca

Well Woman Clinics

These clinics offer a variety of health-related services such as pap screening and health education. For locations and contact information, please visit: nshealth.ca/well-woman-clinics

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. Please visit: nshealth.ca/colon-cancer-prevention-program

More Information

For information about all of the programs and services offered by Nova Scotia Health, please visit: nshealth.ca/services

Central Zone – where to go for health care



Walk-in Clinics

What: Private walk-in clinics

Where: Throughout Nova Scotia

How: Visit ns.skipthewaitingroom.com

Kearney Lake Primary Care Clinic

Where: 998 Parkland Drive, Suite 203

How: Invited by email as capacity allows

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 8:00am - 3:30pm

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