

# Where to go for healthcare



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](http://811.NovaScotia.ca)

## Community Pharmacies

Community pharmacists can:

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

To find a pharmacy in your community, visit

[pans.ns.ca/find](http://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](http://needafamilypractice.nshealth.ca) or call 811.

## 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](http://virtualcarens.ca)

## Virtual Care

Nova Scotians who have a primary care provider have access to virtual care through Maple. You are eligible for two free visits per year, free of charge, through the Province of Nova Scotia, visit <https://app.getmaple.ca/register/p/nova-scotia-health-yes-pcp>.

## Mental Health Concerns

Call the 24-hour mental health crisis line at 1-888-429-8167. You can also visit [mhahelpns.ca](http://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

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

## 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](http://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, visit

[breastscreening.nshealth.ca](http://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](http://nshealth.ca/colon-cancer-prevention-program)

## ROSE Clinic (Reproductive Options and Services)

If you are pregnant and considering abortion, please call 1-833-352-0719 as soon as possible, to discuss options.

## 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)



THERE ARE NOW MORE WAYS TO ACCESS CARE IN NOVA SCOTIA.

Download the YourHealthNS app today.



App Store



Google Play

# Digby, Shelburne and Yarmouth



## PRIMARY CARE CLINICS

### Digby and Area Primary Care Clinic and Collaborative Family Practice

**Where:** Digby and Area Health Services Centre  
71 West St, Digby

**Who:** For Digby County residents without a physician or nurse practitioner

**When:** By appointment only

**How:** Call 902-245-1307

### Yarmouth Primary Care Clinic

**Where:** Yarmouth Regional Hospital  
60 Vancouver Street  
(Level 0, Building B)

**Who:** For Yarmouth County residents without a physician or nurse practitioner

**When:** By appointment only

**How:** Clinic contacts people on Registry directly by phone and email.

### Shelburne Family Practice Care Clinic

**Where:** 1608 Lake Road, Shelburne

**Who:** For Shelburne County residents without a physician or nurse practitioner

**When:** By appointment only

**How:** Call 902-875-2321 for more information or follow Shelburne Family Practice on Facebook for clinic dates

## DIABETES CENTRES

### Digby and Area

**Where:** Digby and Area Health Services Centre  
71 West St, Digby

Satellite clinics at Clare Health Centre and Weymouth Medical Centre

**Who:** Digby County residents. Self-referral is available

**When:** Monday - Thursday, 8:00 a.m. - 4:00 p.m.

**How:** Call 902-245-1307

### Shelburne

**Where:** 1608 Lake Road, Shelburne  
Satellite clinic in Barrington Passage at Barrington Community Health Centre

**Who:** For Shelburne County residents

**When:** By appointment only

**How:** Call 902-875-8009 for more information

### Yarmouth Regional Hospital Diabetes Centre

**Where:** Yarmouth Regional Hospital  
60 Vancouver Street

**Who:** For Yarmouth County residents.  
Self-referral is available.

**When:** Monday - Friday, 8:00 a.m. - 4:00 p.m.

**How:** Call 902-742-3542 ext. 1245

## PAP CLINICS

### Digby and Area

**Where:** Digby and Area Health Services Centre  
71 West St, Digby

**Who:** For Digby County residents

**When:** By appointment only

**How:** Call 902-245-1307 for more information

### Yarmouth Regional Hospital

**Where:** Yarmouth Regional Hospital  
60 Vancouver Street

**Who:** For Yarmouth County residents without a physician or nurse practitioner

**When:** By appointment only

**How:** Call 902-742-3542 x 1459

### Tri-County Women's Centre

**Where:** Tri-County Women's Centre  
12 Cumberland Street, Yarmouth

**Who:** For Yarmouth County residents without a physician or nurse practitioner

**When:** By appointment only

**How:** Call 902-742-0085

### Shelburne

**Where:** 1608 Lake Road, Shelburne

**Who:** For Shelburne County residents

**When:** By appointment only

**How:** Call 902-875-2321 for more information