

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

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

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.

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

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 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 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

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

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

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



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

Download the YourHealthNS app today.



App Store



Google Play

Lunenburg and Queens



PRIMARY CARE CLINICS

Lunenburg County Primary Care Clinic

Where: Bridgewater and Area Family Health Centre
42 Glen Allan Drive, Medical Arts Building, Suite 110
Bridgewater

Who: Area residents

How: By referral only. Appointments cannot be booked directly and there are no walk-in appointments

Queens County Primary Care Clinic

Where: Queens Family Health
Queens General Hospital
175 School Street, Liverpool

Who: Area residents

How: By referral only. Appointments cannot be booked directly and there are no walk-in appointments

AFTER HOURS CLINICS

South Shore After Hours Clinic

Where: South Shore Regional Hospital
90 Glen Allan Drive, Bridgewater

Who: For people with or without a physician or nurse practitioner

When: Hours vary

How: Call 902-527-5239 on Monday mornings to book an appointment. The phone will be answered at 8:30 a.m. until the appointments are full

ASTHMA AND COPD

Asthma COPD Education Centre

Where: Fishermen's Memorial Hospital, 3rd Floor
14 High Street, Lunenburg
Satellite clinics in Bridgewater and Liverpool

Who: Lunenburg County and Queens County residents with asthma and COPD, and their support network

When: Monday - Friday

How: By referral. Call 902-634-7338 for information

PAP CLINICS

Lunenburg County Primary Care Clinic

Where: Bridgewater and Area Family Health Centre
42 Glen Allan Drive, Medical Arts Building, Suite 110
Bridgewater

Who: For Lunenburg County residents without a provider

When: By appointment only

How: Call 902-527-1800, Option 6 for more information

New Germany and Area Health Centre

Where: 100 Varner Road, New Germany

Who: Anyone requiring a PAP

When: By appointment only

How: Call 902-644-2361 for more information

Queens County Primary Care Clinic

Where: Queens Family Health, Queens General Hospital
175 School Street, Liverpool

Who: For Queens County residents without a provider

When: By appointment only

How: Call 902-354-3322 for more information

DIABETES CENTRES

Lunenburg County

Where: Fishermen's Memorial Hospital, 3rd Floor
14 High Street, Lunenburg

Who: Lunenburg County residents. Self referral is available

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

How: Call 902-634-7338 for info or to book an appointment

Queens County

Where: Queens General Hospital, Main Floor
175 School Street, Liverpool
Satellite Clinic at North Queens Medical Centre

Who: Queens County residents. Self referral is available

When: Tuesday, Wednesday 8:00 a.m. - 4:00 p.m.

How: Call 902-354-3436 ext. 1257 for info or to book an appointment