

# Where to go for healthcare



[www.nshealth.ca](http://www.nshealth.ca)

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](http://mhahelpns.ca) for non-urgent information on support and available services.

If you have a health concern, your first call should be to your primary care provider (family 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 options across the province are listed below and the services in your area are on the back page.

## 811 and Need a Family Practice Registry

Call 811 to speak with a registered nurse for healthcare advice, 24 hours a day, seven days a week. Also, there is information on more than 500 health topics at [811.NovaScotia.ca](http://811.NovaScotia.ca).

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.

## 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) 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](http://virtualcarens.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](http://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](http://pans.ns.ca/CPGCC). Local pharmacists 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](http://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](http://nshealth.ca/urgenttreatmentcentre).

## HealthyNS.ca

HealthyNS provides free online health and wellness classes for residents of Nova Scotia. Visit [HealthyNS.ca](http://HealthyNS.ca) for more information.

## 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](http://www.prideHealth.ca).

## Diabetes Centres

A team of certified diabetes educators (nurses and dietitians) work with community primary care providers and an extended care team to provide a variety of programs and services for patients of the Diabetes Centre. For more information, visit [nshealth.ca/diabetes](http://nshealth.ca/diabetes).

## Well Woman Clinics

Offer a variety of health-related services and health education, delivered by a female doctor or nurse. The services and days and hours of operation vary by clinic. For more information, visit [nshealth.ca/well-woman-clinics](http://nshealth.ca/well-woman-clinics).

## ROSE Clinic (Reproductive Options and Services)

If you are pregnant and considering abortion, learn more about your medical and procedural abortion options by calling 1-833-352-0719.

## Cancer Screening and Prevention Programs

For more information on Nova Scotia's Breast Screening program, visit [breastscreening.nshealth.ca](http://breastscreening.nshealth.ca). For more information about Nova Scotia's Colon Cancer Prevention Program, visit [nshealth.ca/colon-cancer-prevention-program](http://nshealth.ca/colon-cancer-prevention-program).

# Northern Zone



## Cumberland County

### Primary Care Clinics

For people without a primary care provider in Advocate Harbour, Amherst, Parrsboro, Pugwash, River Hebert, Springhill

**When:** Hours vary

**How:** Call 1-855-597-2420 between 9 a.m. - 12 p.m.  
Monday to Friday to book an appointment

### Parrsboro Urgent Treatment Centre

For urgent, but not emergency care

**Where:** 50 Jenks Ave., Parrsboro

**When:** Monday, Tuesday, Thursday, Friday, Saturday 9 a.m. – 5 p.m. (subject to change)

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

## Pictou County

### Primary Care Clinic

For people without a primary care provider

**Where:** 688A East River Rd., New Glasgow

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

**How:** Call 902-752-8643 to book an appointment

### One Door Chronic Disease Management Centre

For management of chronic diseases. By self-referral with confirmed diagnosis or health care provider referral

**Where:** Suite 205, 810 East River Rd., New Glasgow

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

**How:** Call 902-755-7242

### Diabetes Centres

**Where:**

- One Door Chronic Disease Management Centre, Suite 205, 810 East River Rd., New Glasgow
- North Cumberland Collaborative Practice, 272 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

## Virtual Urgent Care

Virtual option on-site for people with urgent, non-life-threatening health issues.

**Where:**

- All Saints Springhill Hospital, 10 Princess St., Springhill
- North Cumberland Community 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](https://nshealth.ca/virtualurgentcare)

## Colchester County and Municipality of East Hants

### Primary Care Clinic

For people without a primary care provider

**Where:** Suite 205, 316 Willow St., Truro

**When:** Monday to Friday

**How:** Call 902-843-2577 between 9 a.m. – 4 p.m. Monday to Friday to book an appointment

### Lillian Fraser Memorial Hospital Urgent Treatment Centre

For urgent, but not emergency care

**Where:** 110 Blair Ave., Tatamagouche

**When:** Tuesday, Wednesday, Thursday, Saturday and Sunday 8:00 a.m.-4:30 p.m. Closed Monday and Friday. (Subject to change)

**How:** Appointments required. Call 902-657-2385 or visit in person.

### Chronic Disease Management Clinic

For treatment of diabetes, cardiac rehabilitation and nutrition counselling. Some services by referral only.

**Where:** Colchester East Hants Health Centre, 600 Abenaki Rd., Truro

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

**How:** Call 902-893-5528 to book an appointment

### Truro Sexual Health Centre

Pap tests, STI tests and birth control.

**Where:** 130 - 68 Robie St., Truro

**When:** Wednesday 5 – 8 p.m.

**How:** Call 902-956-1550 to book an appointment

### Truro Walk-In Clinic

**Where:** 68 Robie St., Truro

**When:** Monday to Friday, 5:30 – 8:30 p.m.

Saturday and Sunday 11:30 a.m. – 2:30 p.m.

**How:** Call 902-893-3635 to book an appointment

## Northern Zone Mobile Health and Wellness Team

Provides health and wellness-based services in rural community areas and from their office in Truro if needed

**When and Where:** View their mobile schedule at [nshealth.ca/nzmfhw](https://nshealth.ca/nzmfhw) or call to book an appointment at their Truro office

**How:** Call 782- 370-0424 to book an appointment or drop in at a mobile location