

Where to go for healthcare



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 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.

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.

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.

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.

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/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.

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.

HealthyNS.ca

Visit healthyns.ca to find out about the free online wellness sessions offered by Nova Scotia Health, in partnership with IWK Health.

Stopping Tobacco Use

To learn more about stopping or cutting back on tobacco use, please call 811 or go to tobaccofree.novascotia.ca.

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**.

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.

THERE ARE NOW MORE WAYS TO ACCESS CARE IN NOVA SCOTIA.
Download the **YourHealthNS** app today.

App Store Google Play

Kings and Annapolis



PRIMARY CARE CLINICS

Kings & Annapolis Primary Care Clinic

Where: Middleton Location: Soldiers' Memorial Hospital, 462 Main Street, Middleton

Kentville Location: Suite 210, 70 Exhibition Street, Kentville

When: By appointment only

How: Call Monday - Friday, 1-866-400-0060

SAME DAY APPOINTMENT CLINICS

Berwick Clinic

Where: Western Kings Memorial Health Centre
121 Orchard Street, Berwick

Who: People with or without a physician or nurse practitioner

How: Call 1 - 833 - 710 - 0110 Monday - Friday, starting at 8 a.m. until all appointments are filled

Wolfville Clinic

Where: Eastern Kings Memorial Health Centre
23 Earnscliffe Avenue, Wolfville

Who: People with or without a physician or nurse practitioner

How: Call 1 - 833 - 710 - 0110 Monday - Friday, starting at 8 a.m. until all appointments are filled

URGENT TREATMENT CENTRE

Annapolis Urgent Treatment Centre

Where: Annapolis Community Health Centre, 821 St. George St.

Who: People with or without a physician or nurse practitioner

When: Monday, Wednesday and Friday, 9:00 a.m. - 4:00 p.m.

How: Call 902-532-4011 for an appointment or visit in-person

THE RED DOOR

Where: 10 Webster Street - Suite 203, Kentville

Who: Confidential sexual health services for people ages 13-30.

How: Call 902-679-1411, drop in or email info@thereddoor.ca

www.thereddoor.ca

PREGNANCY NAVIGATOR

Pregnant and no primary care provider?

Please call 902-679-2657 ext 3050

DIABETES CENTRES

Annapolis Royal

Where: Annapolis Community Health Centre 821 St. George St.

Who: Annapolis and area residents. Self-referral available.

How: Call 902-532-4022

Kentville

Where: Valley Regional Hospital, 150 Exhibition Street

Who: Kentville and area residents. Self-referral available

When: Monday - Friday 8:00 a.m. - 3:00 p.m.

How: Call 902-679-1849

Middleton

Where: Soldiers' Memorial Hospital, 462 Main Street

Who: Middleton and area residents. Self-referral available.

How: Call 902-679-1849

MONTHLY PAP CLINICS

Annapolis Royal

Where: Annapolis Community Health Centre 821 St. George St.

How: Call 902-532-2324

Berwick

Where: Western Kings Memorial Health Centre 121 Orchard Street

How: Call 902-538-3111

Middleton

Where: Primary Care Clinic, Soldiers' Memorial Hospital
462 Main Street

How: Call 902-825-5206

Wolfville

Where: Eastern Kings Memorial Health Centre
123 Earnscliffe Avenue

How: Call 902-542-2266



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