

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 mhaelpns.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 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.

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

HealthyNS provides free online health and wellness classes for residents of Nova Scotia. Visit 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.

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.

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.

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. For more information about Nova Scotia's Colon Cancer Prevention Program, visit nshealth.ca/colon-cancer-prevention-program.

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