

# Where to go for healthcare

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](https://www.nshealth.ca/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](https://www.nshealth.ca/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](https://www.nshealth.ca/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](https://www.nshealth.ca/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](https://www.nshealth.ca/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](https://www.nshealth.ca/mobileprimarycareclinics).

## Community Pharmacy Primary Care Clinics

Provides non-emergency primary healthcare from a pharmacist to all Nova Scotians with a valid Nova Scotia health card, including assessment and prescribing for strep throat (over age three), pink eye, UTIs, chronic disease management, (diabetes, asthma, COPD), prescription renewals for all medications, and more. Appointments are required. To learn more and see a list of locations, visit [pans.ns.ca/CPPCC](https://www.nshealth.ca/pans.ns.ca/CPPCC).

## Local Pharmacies

Your local pharmacist is your medication expert who can provide a wide range of health care services. Pharmacists can assess and prescribe for birth control, UTIs, shingles, and Lyme disease prevention. To find a pharmacy near you, visit [pans.ns.ca/find](https://www.nshealth.ca/pans.ns.ca/find).

## HealthyNS.ca

Visit [healthyns.ca](https://www.nshealth.ca/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](https://www.nshealth.ca/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](https://www.nshealth.ca/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](https://www.nshealth.ca/colon-cancer-prevention-program).



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WAYS TO ACCESS CARE  
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# Eastern Zone

## Sydney Primary Care Clinic

**Where:** Membertou Sport and Recreation Centre

-East Entrance, 1200 - 95 Maillard Street

**Who:** Community residents without a family doctor or nurse practitioner

**When:** Monday, Tuesday, Thursday, Friday

8:30 a.m. – 4:30 p.m.

Wednesday 8:30 a.m. – 8:30 p.m.

**How:** Call 902-563-8056 to book an appointment

## Northside Primary Care Clinic

**Where:** North Sydney Mall, 116 King St., Unit 23B, North Sydney

**Who:** Community residents without a family doctor or nurse practitioner

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

**How:** Call 902-794-5400 to book an appointment

## Glace Bay Primary Care Clinic

**Where:** Senator's Health Centre

633 Main Street – Suite 301

**Who:** Community residents without a family physician or nurse practitioner

**Where:** Glace Bay

**When:** Wednesday - Friday 8:00 a.m. – 4:00 p.m.

**How:** Call 902-842-2794 to book an appointment

## Northside Urgent Treatment Centre

**What:** Care for those with unexpected but non-life threatening health concerns

**Who:** Anyone

**Where:** Northside General Hospital

520 Purves Street, North Sydney

**When:** Monday, Tuesday, Thursday, 8:00 a.m. – 7:30 p.m.

Wednesday, Friday, Saturday, 9:00 a.m. – 4:30 p.m.

**How:** Call 902-794-8966 or come to the centre

## Virtual Urgent Care

**What:** a virtual option for people coming to the hospital with urgent, non-life-threatening health issues.

**Where:** Eastern Memorial Hospital and Guysborough Memorial Hospital

**When:** Eastern Memorial Hospital - Monday to Friday, 11 a.m. - 2 p.m., Guysborough Memorial Hospital - Monday to Friday, 11 a.m. - 7 p.m., Saturday & Sunday, 9 a.m. - 1 p.m. Hours are subject to change.



## Victoria County Urgent Treatment Centre

**What:** Care for those with unexpected but non-life threatening health concerns

**Who:** Anyone

**Where:** Victoria County Memorial Hospital

30 Old Margaree Road, Baddeck

**When:** Every day, 8:00 a.m. – 4:00 p.m.

**How:** Call 902-295-2983 to book an appointment (no walk-ins)

## Well Woman Clinic – Antigonish

**What:** Offer a variety of health-related services, such as pap screening and health education

**Where:** Antigonish Women's Resource Centre/ Lindsay's Health Centre for Women, Kirk Place, 219 Main Street, Antigonish

**When:** Thursdays

**How:** Call 902-318-9984 to book an appointment

## Well Woman Clinic - Sherbrooke

**What:** Offer a variety of health-related services, such as pap screening and health education

**Where:** St. Mary's Hospital

91 Hospital Road, Sherbrooke

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

**How:** Call 902-522-2882 to book an appointment

## Well Woman Clinics – Cape Breton Regional Municipality

**What:** Offer a variety of health-related services, such as pap screening and health education

**Where:** New Waterford and North Sydney

**How:** Call 1-877-794-5427 to book an appointment

## Diabetes Centres

**What:** Self-management support from certified diabetes educators (nurses and dietitians)

**Where:** Antigonish, Arichat, Baddeck, Canso, Cheticamp, Cleveland, Glace Bay, Guysborough, Inverness, New Waterford, North Sydney, Sherbrooke, Sydney

**How:** Please contact the Diabetes Centre directly for more information, [nshealth.ca/diabetes](https://nshealth.ca/diabetes)