

# 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 [mhaelpns.ca](http://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](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).

# Lunenburg and Queens



## PRIMARY CARE CLINICS

### Lunenburg County Primary Care Clinic

**Where:** Medical Arts Building - Suite 302  
42 Glen Allan Drive, Bridgewater

**Who:** Area residents

**How:** By referral only, including VirtualCareNS referrals. 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 St. Liverpool

**Who:** Area residents

**How:** By referral only, including VirtualCareNS referrals. Appointments cannot be booked directly and there are no walk-in appointments

## AFTER HOURS CLINICS

### South Shore After Hours Clinic

**Where:** Medical Arts Building - Suite 302  
42 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

## DIABETES CENTRES

### Lunenburg County

**Where:** Fishermen's Memorial Hospital, 3rd Floor  
14 High St., 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

### Queens County

**Where:** Queens General Hospital, Main Floor 175 School St., 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

## PAP CLINICS

### Lunenburg County Primary Care Clinic

**Where:** Lunenburg County Primary Care Clinic, 42 Glen Allan Drive, Medical Arts Building, Suite 302 Bridgewater NS

**Who:** For Lunenburg County residents without a provider

**How:** By referral only through VirtualCareNS.

### 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

## MATERNITY CARE

### Lunenburg, Queens and Shelburne

**Where:** South Shore Regional Hospital  
90 Glen Allan Dr., Bridgewater

**Who:** Lunenburg, Queens and Shelburne residents.

**When:** Monday - Friday 9:00 a.m. - 4:30 p.m.

**How:** Patients with a Primary Care Provider need a referral. Patients without a Primary Care provider can self-refer. Call 902-527-1180

## MIDWIFERY CARE

### Lunenburg, Queens and Shelburne

**Where:** Fisherman's Memorial Hospital  
14 High St., Lunenburg

**Who:** Any resident requesting Midwifery Care

**When:** Monday - Friday 9:00 a.m. - 4:30 p.m.

**How:** Self-referral. Call 902-634-7375 to learn more.