

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

If you have a health concern, you should contact your primary care provider (family doctor or nurse practitioner). If your provider is not available, or you do not have one, there are services ready to help you. The primary care options across the province are listed below and the services in your area are on the back page.

## 811

Call 811 to speak with a registered nurse for healthcare advice, 24 hours a day, seven days a week.

## Need a Family Practice Registry

The Need a Family Practice Registry connects Nova Scotians who do not have a primary care provider to a family doctor or nurse practitioner. 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).

## Primary Care Clinics

Primary Care Clinics provide care for people on the Need a Family Practice Registry. Your Primary Care Clinic team will always work towards getting you the right care, at the right place, at the right time, with the right provider. Depending on your health concern, that may mean an in-person appointment at the clinic. It could also mean your Primary Care Clinic connects you to another health care provider in your community. For more information, please visit [primarycareclinics.ca](http://primarycareclinics.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/CPPCC](http://pans.ns.ca/CPPCC).

Any pharmacist in your community 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).

## Virtual Urgent Care

Virtual Urgent Care offers a virtual option for people coming to the hospital with urgent, non-life-threatening health issues. It is not a replacement for the emergency department but will be particularly helpful during times when the local emergency department is temporarily closed. For more information, visit [nshealth.ca/virtual-urgent-care](http://nshealth.ca/virtual-urgent-care).

## 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).

## Nova Scotia Brotherhood and Nova Scotia Sisterhood

Nova Scotia Brotherhood and Nova Scotia Sisterhood are free programs for Black men and Black women to access health care and improve overall health and wellbeing. For more information, visit [nshealth.ca/nova-scotia-brotherhood](http://nshealth.ca/nova-scotia-brotherhood) and [nshealth.ca/nova-scotia-sisterhood](http://nshealth.ca/nova-scotia-sisterhood).

# Central Zone



## Walk-in Clinics

**What:** Private walk-in clinics

**Where:** Throughout Nova Scotia

**How:** Visit [ns.skipwithwaitingroom.com](https://ns.skipwithwaitingroom.com)

## Bayers Lake Community Outpatient Centre

**What:** Care by appointment for those without a primary care provider who are referred by VirtualCareNS.

**When:** Hours vary

**Where:** 420 Susie Lake Crescent, Halifax

## Dartmouth South Primary Care Clinic

**What:** Care by appointment for those without a primary care provider who are referred by VirtualCareNS.

**Where:** 380 Portland Street, Dartmouth

**When:** Hours vary

## Community Health Teams

**What:** Wellness programming and wellness navigation

**Where:** Bedford Place Mall, 1658 Bedford Hwy, Bedford  
Community Wellness Centre, 16 Dentith Rd., Spryfield  
Tacoma Plaza, 58 Tacoma Dr., Dartmouth

Halifax Shopping Centre, 7001 Mumford Rd, Halifax

**When:** Monday to Friday 8:30am - 4:30pm

**How:** Call 902-460-4560

[www.communityhealthteams.ca](https://www.communityhealthteams.ca)

## Community Health and Wellness Centre – North Preston

**What:** Primary care and wellness programming for residents of East Preston, North Preston, Cherry Brook and Lake Loon

**Where:** North Preston Community Centre, 44 Simmonds Road

**When:** Monday to Thursday 8:30am - 4:30pm, Friday 8:00 a.m. - 3:30 p.m.

**How:** Call 902-434-3807

## Community Health and Wellness Centre – East Preston

**What:** Primary care and wellness programming for residents of East Preston, North Preston, Cherry Brook and Lake Loon

**Where:** East Preston Business Centre, 1900 Highway #7, Suite 201

**When:** Wednesday 8:00am - 3:30pm

Thursday and Friday 8:30am - 4:30pm

**How:** Call 902-434-0824

## Cobequid Youth Health Centre

**What:** Counselling, support and referrals for people 13-25

**Where:** Cobequid Community Health Centre, 40 Freer Lane, Lower Sackville

**When:** Monday to Friday 8:00am - 5:00pm  
(call first)

**How:** Call 902-869-6131 or 902-869-6106

## Hants Health and Wellness Team

**What:** Wellness and chronic disease management support

**Where:** Hants Community Hospital, Windsor

**When:** Monday to Friday 8:30am - 4:30pm

**How:** Call 902-792-2052