

Urgent & Primary Care Resources

Book a Pharmacy Appointment: Pharmacists are an important part of your health care team and offer a wide variety of services in more than [1,400 community pharmacies throughout B.C.](#) You can [book an appointment](#) or [walk-in to an available pharmacy](#) to discuss your minor ailments and contraception needs.

Register to find a family doctor or nurse practitioner (HealthLink BC): If you live in British Columbia and need a family doctor or [nurse practitioner](#), register for the [Health Connect Registry](#).

Check Your Symptoms (HealthLink BC): Understanding common health concerns and what can be done to prevent or treat them can go a long way towards reducing the stress you feel when it comes to your health and the health of those in your care. You can [check your symptoms on HealthLink BC's website](#).

Access health & wellness information for First Nations people: The First Nations Health Authority works towards the health and wellness of all First Nations in BC through its unique approach to wellness and its support of community wellness activities. [Visit their Wellness webpage](#).

Access Mental Health & Substance Use Services (Interior Health): Our [Access Mental Health & Substance Use Services](#) (MHSU) aims to provide a safe space where you can be connected to the service or services that meet your needs. To self-refer, call [310-MHSU \(6478\)](#) or visit your [local MHSU Centre](#). Or feel free to speak to your family doctor or nurse practitioner to ask for a referral.

Access seniors health services (Interior Health): We offer a range of seniors health services alongside our partner agencies. Get connected to these services by calling Community Health Services at [1-800-707-8550](#).

Patient Care Quality Office (Interior Health): We're committed to providing high-quality care in a respectful, caring and safe environment. Share your feedback (compliment or concern) on the care that you or your loved ones have received so we may resolve your concerns and improve patient services. [Visit our webpage to learn more](#).

Primary care (Interior Health): Primary care includes all the services provided to meet your everyday health needs ("whole person care"). This might be a checkup with your family physician or nurse practitioner, a visit to a physiotherapist, or a trip to the pharmacist or public health nurse. [Visit our webpage to learn more](#).

Pregnancy & childbirth: [Visit our webpage](#) to access information on different stages of pregnancy & childbirth. Learn about available support for people who are pregnant or giving birth, and their partners.

Primary care networks (PCNs): A PCN is a clinical network of local primary care service providers located in a geographical area, with [patient medical homes](#) (PMHs) as the foundation. [Visit the Family Practice Services Committee's website to learn more](#).