

Barriere Health Services

Primary Care

Phone: 250-672-9795

Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.

Services: Two family physicians offering in-person and some telephone virtual care.

Emergency Services

Call: **911** in an emergency

Services: Visit Royal Inland Hospital in Kamloops for emergencies. Ambulance service is routed to RIH which offers high-level emergency and trauma services for the region.

Home Health/Home Support

Phone: 1-800-707-8550 (self-referrals accepted)

Services: Home health case management, home health nursing services (including wound care & palliative care supports), home support services and access to physical and occupational therapy and social work.

Adult Day Services

Phone: 1-800-707-8550 ext 6 (self-referrals accepted)

Services: Nutritious meals, physical activity, health care, recreational programs (music, baking, games, crafts, gardening, outings) and social opportunities

Lab Collection Services

Book a Lab Appointment: 1-844-870-4756
www.labonlinebooking.ca

Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.

Services: blood, urine, stool and other sample collection

Diagnostic Imaging (x-ray)

Book an appointment: 250-674-4107 or
www.myhealthportal.interiorhealth.ca:

Hours: Tuesday-Thursday, 8:30 a.m.-4:30 p.m.

Services: x-ray examination and diagnosis

Mental Health & Substance Use

Phone: 250-672-9773 (self-referrals accepted)

Services: Counselling, treatment and support programs tailored to individual needs. Referrals to specialized programs available

Public Health

Phone: 250-672-9731 ext 2

Services: A range of services including immunizations, post-natal support, comprehensive school health, harm reduction support, communicable diseases and health promotion / prevention education

Nutrition / Diabetes Education

Phone: 250-314-2457 (self-referrals accepted)

Services: a range of services including dietitian appointments, diabetes education, education for healthy feet and managing diabetes including nutrition, exercise, testing and coping with stressors.

Community Transportation

Phone: 250-376-7625 (two days in advance)

Services: Health Connections bus stops in Clearwater, Little Fort and Barriere on Tuesdays and Thursdays to bring people to Kamloops on Route 10
www.bctransit.com/clearwater/schedules-and-maps/