

Where TO GET CARE



You have access to culturally safe care.

Learn how to connect your health-care needs to your community.



Are you a First Nations person without a health-care provider?

Call **1-855-344-3800** to book an appointment with the **First Nations Virtual Doctor of the Day program.**

Medical Office Assistants are available to help you seven days a week from 8:30 a.m. to 4:30 p.m.



Do you want help navigating the health-care system?

Aboriginal Patient Navigators support Aboriginal Persons accessing Interior Health services by providing a link between the patient, family, community and health-care provider.

They assist the care team with discharge planning and providing culturally safe and inclusive care. Aboriginal Patient Navigators work in some hospitals, urgent primary care centres (UPCCs), and MHSU settings.



Are you are in a mental health or substance use crisis?

Call the Interior Crisis Line:
1-888-353-2273 (CARE).

Call the KUU-US Crisis Line:
1-800-588-8717

Métis Crisis Line:
1-833-638-4722

Mental health or substance use (MHSU) First Nations support is available by connecting with your health and wellness provider or the **First Nations Virtual Doctor of the Day.**



Learn more about where to access care through Interior Health

InteriorHealth.ca



Interior Health