

# Where TO GET CARE



## In an emergency or need urgent care?

Call 9-1-1 or go to the nearest emergency department.

Some examples: Chest pain/tightness, choking/breathing difficulties, loss of consciousness, heart attack/stroke, burns, convulsions, drowning, allergic reaction, head injury, major bleeding, broken bones, new/sudden confusion.

## Require attention within 12-24 hours?

If you don't have a family health-care provider, or cannot get an appointment with your regular health-care provider, visit an Urgent and Primary Care Centre.

## Don't have a regular health-care provider?

Use Health Connect Registry if you need a family practitioner.

First Nation persons needing a regular health-care provider call 1-855-344-3800.



Health  
Connect  
Registry



## Seeking trusted health information or advice?

If you are **not** experiencing an emergency call **Healthlink BC** at 8-1-1 for 24/7 advice. For **deaf or hearing impaired** call (TTY) 7-1-1.

## Need help with a prescription?

**Pharmacists can:** renew/refill prescriptions, prescribe for minor ailments, contraception, adjust dose/timing/formulation of medication.



## Need mental health, substance use support?

**IH Crisis Line** at 1-888-353-CARE (2273)

**Indigenous KUU-US Crisis Line** toll-free at 1-800-588-8717

**Métis Crisis Line** at 1-833-638-4722

**Kids Help Line** for mental health supports at 1-800-668-6868

Call



**310-MHSU**

for general help



Learn more about where to access care through Interior Health

[InteriorHealth.ca](https://www.interiorhealth.ca)



Interior Health