**PERSONAL HEALTH**

Your doctor’s #

When: Office/clinic hours
Why: Your doctor is your health expert. Call if you have an urgent concern you think needs to be seen. Don’t have a GP? Call the GP Link at 778-945-3017. The N.S. Division of Family Practice will connect you with a doctor.

**HOME HEALTH**

604-986-7111
VCH North Shore Home Health

When: Monday to Friday 8:30 a.m. - 5 p.m.
Why: To find out if you qualify for home support for personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.
What: Trained phone staff will identify your needs and refer you to the appropriate service. Some services may be free based on your income.

**MENTAL HEALTH**

604-982-5600
Older Adult Mental Health Shared Services BC

When: Monday to Friday 8:30 a.m. - 4:30 p.m.
Why: If you have concerns for yourself or others about mental illness and dementia, behaviour issues, physical or functional decline or substance use, and are unsure about what to do.
What: Mental Health clinicians will identify your needs, address your concerns and refer you to the appropriate service. A GP referral is required.

**COMMUNITY SERVICES**

5-1-1 (bc211.ca)

When: 7 days/week, 24 hours/day
Why: If you need a service and aren’t sure what it’s called or where to find it. One call connects you to an information and referral specialist with numbers for all community, social and government services.

**HEALTH INFORMATION**

8-1-1 (healthlinkbc.ca)

When: 7 days/week, 24 hours/day
Why: If you’re feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue. Have your Care Card ready.
What: Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services in your community.

**EMERGENCY SERVICES**

9-1-1

When: 7 days/week, 24 hours/day
Why: Any serious emergency. Ambulance attendants will arrive to assess if you need to be transported to the local emergency department.