

# ALWAYS CALL 911 FOR EMERGENCIES

Only attend emergency departments for urgent care.

Otherwise, the following options are available to you:

NEED HELP WITH...	HEALTH CARE SERVICES AVAILABLE AT:
Questions?	Phone <b>1-888-315-9257</b> , Health Links – Info Santé: Registered nurses are available to answer your non-urgent health care questions 24 hours a day. It doesn't hurt to ask.
Non-urgent minor ailments	Make an appointment with your regular health care provider. Visit <a href="http://www.ierha.ca">www.ierha.ca</a> for a list of walk-in clinics. Make an appointment at Selkirk QuickCare Clinic for same day or next day care by phoning <b>204-482-4399</b> .
Accessing a health care provider	Phone Family Doctor Finder at <b>1-866-690-8260</b> to be connected with a regular health care provider.
Prescription refills	<b>Visit your local pharmacy.</b> Pharmacists can answer questions about your medication, issue a continued care prescription for most regular medications and prescribe and offer advice on non-prescription or over-the-counter medications.
<b>Mental health or psycho-social crisis</b> <ul style="list-style-type: none"><li>• Stress, anxiety or suicidal thoughts</li><li>• Mental health concerns about a family member</li><li>• Mental health resource information</li></ul>	24-hour crisis mental health support call toll-free <b>1-866-427-8628</b> .
<b>Guidance and support on topics such as:</b> <ul style="list-style-type: none"><li>• Prenatal &amp; postpartum care, breastfeeding and infant nutrition</li><li>• Healthy child development, routine immunizations</li><li>• Sexual health counselling</li><li>• Testing for sexually transmitted infections</li></ul>	Make an appointment at your public health office or call <b>1-855-347-8500</b> for the number of the office closest to you.
<b>Wellness or chronic disease prevention (diabetes, hypertension or heart disease)</b>	Access wellness and chronic disease prevention health care providers, healthy eating, tobacco reduction, free classes and more by calling toll-free <b>1-877-979-WELL (9355)</b> .



Interlake-Eastern  
Regional Health Authority