

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 1-888-315-9257 , 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	<p>Make an appointment with your regular health care provider.</p> <p>Visit www.ierha.ca for a list of walk-in clinics.</p> <p>Make an appointment at Selkirk QuickCare Clinic for same day or next day care by phoning 204-482-4399.</p>
Accessing a health care provider	Phone Family Doctor Finder at 1-866-690-8260 to be connected with a regular health care provider.
Prescription refills	Visit your local pharmacy. 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.
Mental health or psycho-social crisis <ul style="list-style-type: none"> • Stress, anxiety or suicidal thoughts • Mental health concerns about a family member • Mental health resource information 	24-hour crisis mental health support call toll-free 1-866-427-8628 .
Guidance and support on topics such as: <ul style="list-style-type: none"> • Prenatal & postpartum care, breastfeeding and infant nutrition • Healthy child development, routine immunizations • Sexual health counselling • Testing for sexually transmitted infections 	Make an appointment at your public health office or call 1-855-347-8500 for the number of the office closest to you.
Wellness or chronic disease prevention (diabetes, hypertension or heart disease)	Access wellness and chronic disease prevention health care providers, healthy eating, tobacco reduction, free classes and more by calling toll-free 1-877-979-WELL (9355) .



Interlake-Eastern
Regional Health Authority