

# D Doctor or Clinic

Your family doctor or primary care clinic is your medical home where most of your health issues can, and should, be addressed.

You should always try to seek care for non-emergency issues with your family doctor or nurse practitioner first.

Don't have a family doctor?

Use Family Doctor Finder

204-786-7111 or Toll-Free 1-866-690-8260

# U Urgent Care or E Emergency?

If you are unsure if you should go to urgent care call Health Links - Info Santé  
204-788-8200 or Toll free 1-888-315-9257

Urgent care centres provide 24/7 access for unexpected, but non-life-threatening health concerns, which require same day treatment. Patients coming to urgent care centres may arrive on their own, or be transported there by ambulance.

Go to urgent care for:

- illnesses or injuries that cannot wait for you to see your family doctor
- fevers, flu symptoms, rashes or infections
- dehydration
- cuts that won't stop bleeding
- injured limb that might be broken or sprained
- any other urgent, but not life-threatening, conditions

Urgent care centres are able to provide services not available in many doctors' offices, such as stitches and casts, but are not equivalent to emergency departments.

Urgent care centres help conserve emergency department resources for more serious, life-threatening conditions. Patients are seen based on their medical need, not order of arrival.



Patients with potentially life-threatening conditions should immediately phone 911.

For serious and life-threatening health concerns always go to your nearest emergency department (ED) or call 911. EDs are open 24/7 to address serious, life-threatening health emergencies.

Call 911 or go to an ED for:

- stroke/facial weakness/ extremity weakness
- heart attack/chest pain or tightness
- unable to wake/unconscious
- sudden onset of severe headache or confusion
- seizure and/or severe head injury
- major assault such as stabbings or shootings
- severe difficulty breathing or trouble speaking
- uncontrolled or severe bleeding
- major trauma such as loss of limb
- severe allergic reaction
- severe burns

## Mental Health Services & Supports

If the person will attend **VOLUNTARILY**: Call the Mobile Crisis Service at 204-940-1781 or go to the Crisis Response Centre at 817 Bannatyne Ave.

If the person is **NOT VOLUNTARILY** getting help: Call **911** or visit an emergency department.