Choose the right service



Self-Care

Visit healthlinkbc.ca for health information, an interactive symptom checker, and to find a health service or resource near you.



Call 8-1-1

Call day or night to speak to a navigator who can help find resources and services near you or connect you with a nurse, pharmacist, dietitian, exercise professional, or physician based on your health concern.



Pharmacy

- ✓ Medication advice
- ✓ Emergency renewals
- ✓ Birth control
- ✓ Immunizations
- ✓ Treatment for minor ailments like acne, allergies, bladder infections, hemorrhoids and smoking cessation



24/7 Urgent mental health

Urgent mental health no area code needed

310-6789

no area code needed

Suicide crisis line 1 800-SUICIDE

KUU-US crisis line for Indigenous peoples

Kids Help Phone 1 8

1 800-784-2433

1 800-588-8717

or text CONNECT to 686868



Rapid access

Walk in clinics and Urgent & Primary Care Centres.

 Rapid help when you can't see your family doctor or nurse practitioner, or don't have one.



Family doctor or nurse practitioner

Medical professionals who know you best.

- ✓ New or chronic issues
- ✓ Chronic pain and mental health
- General advice and management
- Referrals and direction of care



After Hours Care

Care from a family doctor for issues that can't wait until the clinic reopens.

Call your clinic to access: 5pm–9am weekdays and 24 hours on weekends and holidays.



Emergency Department or call 9-1-1

- Choking or trouble breathing
- ✓ Fainting or blacking out
- Serious bleeding
- ✓ Broken bones
- Chest pain



