

# Choose the right service



## Self-Care

Visit [healthlinkbc.ca](http://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** 310-6789  
no area code needed
- Suicide crisis line** 1 800-SUICIDE
- KUU-US crisis line** 1 800-588-8717  
for Indigenous peoples
- Kids Help Phone** 1 800-784-2433  
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