

# Health Services for People Without a Family Doctor or Nurse Practitioner



IF YOU ARE EXPERIENCING A HEALTH EMERGENCY, CALL 911

Register with **Health Care Connect**, which refers people **without** a family health care provider to those accepting new patients in their community. Call **1-800-445-1822** or register **online**.

## HEALTH & SOCIAL SERVICE NAVIGATION

Navigating healthcare and social services can be challenging, here are some services available to help!

**GREY BRUCE OHT COMMUNITY HELP LINE: 1-844-806-3093**

# 211

Connects you to non-emergency community and social services and government support programs in your area.

# 811

Connects you to a qualified health professional who can provide health advice and information.

# 988

Suicide crisis helpline connects you to a trained responder who will listen without judgment and provide support and resources.

# 911

Responds to life or property threatening emergencies.

## PHARMACIST PRESCRIBING

Many local pharmacists can prescribe for minor ailments like acid reflux, pink eye, UTIs, cold sores, acne, and more. Check with your pharmacy or visit **[www.ontario.ca/page/pharmacies](http://www.ontario.ca/page/pharmacies)** for details.

**WWW.GREYBRUCEOHT.CA**

# Health Services for People Without a Family Doctor or Nurse Practitioner



## VIRTUAL CARE OPTIONS

A virtual urgent care appointment may be right for you if you or a loved one have a medical issue that is NOT life threatening but requires urgent medical attention. There is no cost to accessing virtual primary care services with a valid OHIP card.

### Health811

Receive advice from a nurse, ask questions about symptoms, find local services and get health information.

[Health811.ontario.ca](http://Health811.ontario.ca)

811 (TTY 1-866-797-0007)

Available 24/7

### Urgent Care Ontario

Connect virtually (video) with a doctor/nurse practitioner if you need access to timely care.

[www.urgentcareontario.ca](http://www.urgentcareontario.ca)

Adult appts: Mon - Fri 1pm - 9pm

Sat & Sun 8am - 4pm

Children: Mon - Fri 1pm - 5pm

### TelemedMD

[www.telmedmd.ca](http://www.telmedmd.ca)

1-888-350-2323

Mon - Fri 8:30am - 4:30pm

### Tia Health

[www.tiahealth.com](http://www.tiahealth.com)

1-844-322-8806 Every day 6am -

11pm

## SEXUAL HEALTH CLINIC

**Grey Bruce Public Health** (519-376-9420 x1256) provides free, confidential sexual health services, including: STI testing and treatment, pregnancy testing and counselling, and access to low cost contraceptives and emergency contraceptives.

### Clinic Locations:

- Owen Sound every Monday 9-3:30 pm
- Hanover every Wednesday 9:30-3:30 pm

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## PRIMARY CARE OPTIONS

### **Warton VON Episodic Care Clinic** (226-909-1309)

The clinic is open Monday, Wednesday, and Friday for acute, non-emergency health issues, such as minor injuries and infections.

### **Hanover Drop-In Clinic**

No appointment required.

The clinic is open the 2nd Thursday of each month from 1-3pm at Hanover CMHA. Acute/episodic care only. No prescriptions for controlled substances or ODSP applications.

### **VON Nurse Practitioner Led Clinic** 226-909-1309

Provides same day, urgent care appointments for unattached residents and transient community members in Saugeen Shores.

### **Kincardine Family Health Team NP Same-Day Appointment Clinic**

519-396-2700

Same-Day appointments with a Nurse Practitioner are on a first- come first-served basis for the residents of Kincardine and Huron-Kinloss.

### **CMHA/Brockton & Area FHT Grey Bruce Primary Care Telemedicine Program** 519-507-2021 x23

CMHA Drop-In Clinic is offered Tuesday afternoons from 1:00PM to 3:30PM in the Telemedicine Office in Suite 205 at 1101 2nd Ave. East, Owen Sound. *This service is for individuals with serious mental illness or addictions issues.*

### **Community Paramedicine**

Grey County: 1-800-567-4739

Bruce County: 226-974-1374 or 519-881-1291

Paramedics offer a proactive role of assessing, monitoring and treating patients in their homes. The program is supported by a medical director or nurse practitioner.

### **Supportive Outreach Service (S.O.S):** 519-379-8743 or [sos@cmhagb.org](mailto:sos@cmhagb.org)

Medical care provided includes: episodic and follow up care such as wound care, infectious disease assessment and treatment, preventative care, and vaccinations. *This service is for: adults who are not currently engaged with traditional health and social supports, community members who use drugs, those experiencing homelessness, and/or individuals impacted by or experiencing sex trafficking.*



## PRENATAL & NEWBORN CARE

### **Hanover Family Health Team** (519-506-4348)

- Follow-up care for unattached newborns delivered at Hanover Hospital.
- Infant feeding support programs.

### **Brockton Area Family Health Team** (519-507-2021 x24)

- Prenatal care, virtual prenatal classes, infant feeding support programs, and breastfeeding education and support.
- Follow-up care for unattached newborns delivered at SBGHC.

### **Kincardine Family Health Team** (519-396-2700)

- Services for the Kincardine and Huron Kinloss areas.
- Primary care midwifery program offers prenatal and postnatal care, vaccinations, and lactation consultation up to 18 months of age.

### **Midwives Grey Bruce** (519-371-2886)

- Ministry of Health-covered midwifery services for all residents, regardless of OHIP status.
- Full course of prenatal care, delivery, and postpartum care.
- Limited spots available, self-referral encouraged early in pregnancy.

### **Owen Sound Family Health Team** (519-470-3030 x103)

- Care for unattached prenatal individuals and newborns in Owen Sound and surrounding areas.
- Prenatal care until delivery and 6-week postpartum follow-up.
- Newborn care until 18 months unless a provider is found earlier.

### **Peninsula Family Health Team** (519-793-3445)

- Accepting unattached prenatal individuals and newborns from the Bruce Peninsula area

### **South East Grey Community Health Centre** (226-379-4715 or 519-986-2222)

- PRAM program for routine prenatal care, postpartum home visits, and infant feeding support.
- Accepts unattached pregnant individuals or newborns within the SEGCHC area.
- Ongoing well-woman and well-baby care.



## PRENATAL & NEWBORN CARE

### **Victorian Order of Nurses (VON)** (226-909-1309)

- Nurse Practitioners provide comprehensive primary care focusing on unattached prenatal care and complex cases.
- Accepting new patients, including pregnant individuals and newborns in Saugeen Shores.
- Referrals to midwives or obstetricians at 24-28 weeks gestation.

For more information, view the Prenatal and Newborn Resources Guide **here** or by visiting **[www.greybruceoht.ca/where-to-get-care](http://www.greybruceoht.ca/where-to-get-care)**.

## CERVICAL CANCER SCREENING

### **Brockton and Area Family Health Team**

519-507-2021 x24

Monthly Preventative Screening and Wellness Clinic. This program provides a 2-visit series with a nurse practitioner and registered nurse offering routine screening and education for unattached patients living in Grey or Bruce Counties.

### **Sexual AND Reproductive Health Clinic (Grey Bruce Public Health)**

519-376-9420 x1256

Pap test appointments are available in Owen Sound and Hanover. Screening and treatment for STI's are available at the Owen Sound and Hanover sites.

### **Kincardine Family Health Team**

519-396-2700 x210

This Cervical Cancer Screening Clinic runs 4 times per year for individuals living in Grey Bruce.

### **Unattached Patient Cervical Screening Program (Owen Sound Family Health Team)**

519-470-3030 x103

Appointments are available for individuals living in Owen Sound.

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## CERVICAL CANCER SCREENING

### **VON Nurse Practitioner Clinic** (226-909-1309)

Pap test appointments are available for individuals living in Saugeen Shores.

### **Peninsula Family Health Team** (519-793-3445)

This clinic runs 4 times a year for individuals living on the Bruce Peninsula.

## IMMUNIZATIONS

Provided by local **community pharmacies** and through the **Grey Bruce Public Health Unit** (519-376-9420 x2)

- Owen Sound Clinic – 1st and 3rd **Tuesday** of the month
- Walkerton Clinic – 2nd **Wednesday** of the month

## CARDIAC REHAB

### **Kincardine Family Health Team Cardiac Rehab Program** 519-396-2700 or [administration@kincardinefht.ca](mailto:administration@kincardinefht.ca)

The program includes a comprehensive health assessment, nutrition advice and counselling, as well as receive a personalized exercise plan and telephone follow-up support for up to 3 months.

## CHRONIC PAIN

### **Kincardine Family Health Team Chronic Pain Services** 519-396-2700 or [administration@kincardinefht.ca](mailto:administration@kincardinefht.ca)

Occupational Therapists complete patient assessments and provide education to help patients live well with chronic pain.



## CHRONIC DISEASE PROGRAMS

Various Chronic Disease Programs are available across the region that provide patient education, self-management support, and routine monitoring to help you with the prevention, early diagnosis and treatment of chronic diseases.

### **Family Health Teams (FHT):**

- Kincardine (519-396-2700)
- Peninsula FHT
  - Lions Head (519-793-3445)
  - Tobermory (519-596-2305)
- Brockton and Area FHT
  - Chesley (519-363-3119)
  - Durham (519-369-3007 x258)
  - Walkerton (519-507-2021 x24)
  - Paisley (226-909-3662)

## NUTRITION

Dietitian services and nutrition programs are available throughout the year across the region, offering a variety of resources and workshops to support your nutritional well-being. Some of these programs include 1:1 services, cooking classes, meal planning workshops, and nutrition education sessions, all designed to help you make informed food choices and improve your overall health.

- Kincardine Family Health Team (519-396-2700)
- Brockton and Area Family Health Team (519-507-2021 x24)
- South East Grey Community Health Centre (519-986-2222)

## PALLIATIVE CARE

### **South East Grey Community Health Centre (519-986-2222)**

South East Grey Community Health Centre offers compassionate in-home palliative care services. Their team works closely with individuals in the comfort of their own homes, ensuring they receive personalized care, pain management, and support.



## EXERCISE & PHYSICAL ACTIVITY

Various exercise and physical activity programs are offered throughout the year across the region, often facilitated by an **Occupational Therapist** or **Kinesiologist**. These programs include group exercise classes, walking groups, and yoga sessions, all aimed at improving overall physical health. Specialized programs may also be available for individuals with mobility disorders, strength and balance issues, injuries, chronic diseases, or osteoporosis.

- Kincardine Family Health Team (519-396-2700)
- Hanover Family Health Team (519-506-4348)
- South East Grey Community Health Centre (519-986-2222)
- Brockton and Area Family Health Team
  - Chesley (519-363-3119)
  - Durham (519-369-3007 x258)
  - Walkerton (519-507-2021 x24)
  - Paisley (226-909-3662)

## SMOKING CESSATION

Individual smoking cessation counselling and support is available help you meet your smoking cessation goals. Through the Smoking Treatment for Ontario Patients (STOP) Program sponsored by the Centre for Addiction and Mental Health, you will have access to free Nicotine Replacement Therapy.

- Brockton and Area Family Health Team
  - Chesley (519-363-3119)
  - Durham (519-369-3007 x258)
  - Walkerton (519-507-2021 x24)
- Hanover Family Health Team (519-506-4348)
- Peninsula Family Health Team (519-793-3445)
- South East Grey Community Health Centre (519-986-2222)





## HEALTH SYSTEM NAVIGATION

System Navigators are available to assist you with identifying and coordinating local health and social services that suit your individual needs. For example, access to housing, healthy food, and transportation services.

- Kincardine Family Health Team - 519-396-2700
- South East Grey Community Health Centre - 519-986-2222

## RESPIRATORY HEALTH

### **Kincardine Family Health Team** (519-396-2700)

If you are living with respiratory disease, such as, chronic obstructive pulmonary disease (COPD), asthma, lung cancer, interstitial lung disease, cystic fibrosis, sarcoidosis, a respiratory therapist is available to help improve and prolong your quality of life, and decrease your hospital and emergency-room visits.

## NEWCOMERS

### **South East Grey Community Health Centre** (519-986-2222)

South East Grey Community Health Centre offer a range of services to support individuals and families new to Canada, including health care, wellness programs, and community resources. Their team helps newcomers feel connected, supported, and empowered as they begin their new journey in the region.