

# Where To Go if You Feel Unwell



**NOT SURE WHO TO CALL? Call the Grey-Bruce Community Helpline: 1-844-806-3093**



## Family Doctor or Nurse Practitioner

If you or a family member are feeling unwell, contact your family doctor or nurse practitioner. If they're not available—or if you don't have one—you can **explore the options below**.



## Pharmacy Services

Pharmacists can now help with many health concerns and prescribe for common conditions, including:

- **Infections & skin conditions:** pink eye, cold sores, yeast infections, UTIs, dermatitis, diaper rash, and more
- **Insect bites:** including tick bites (post-exposure)
- **Allergies & respiratory issues:** such as hay fever
- **Digestive & stomach concerns:** acid reflux, nausea during pregnancy, parasitic worms, and more

For a list of Pharmacies in Grey-Bruce and when and where to get immunized, visit [www.publichealthgreybruce.on.ca/Your-Health/Immunization/When-and-Where](http://www.publichealthgreybruce.on.ca/Your-Health/Immunization/When-and-Where)



## Urgent Care Services

### Health 811

A free, secure, and confidential service available to Ontarians 24/7. You can connect with a registered nurse for health advice by calling **811 (TTY: 1-866-797-0007)**, chatting online, or exploring services at [Ontario.ca/health811](http://Ontario.ca/health811).

### Virtual Urgent Care Clinic

Book a same-day or next-day virtual appointment with a Nurse Practitioner at [urgentcareontario.ca](http://urgentcareontario.ca).



## Mental Health Services

### Suicide Crisis Helpline

For immediate, 24/7 mental health support—whether you're thinking about suicide or worried about someone else—**call or text 988**.

### Mental Health & Addiction Navigation Line

If you need mental health or addiction services, call to connect with a navigator who can direct you to the appropriate Brightshores resource.

**519-376-3303 | Monday–Friday, 8:30am–3:30pm**

### CMHA Grey Bruce Navigation Line

If you need support navigating CMHA's mental health and addiction programs and services, call to connect with a navigator and learn about available resources.

**519-371-3642 | Toll-Free: 1-888-451-2642**



## Unattached Patients

### Unattached Patient Resource Guide

If you don't have a family doctor or nurse practitioner, view our comprehensive guide for services and supports to help you access medical care, community health programs, and other essential resources.



**[t.ly/UnattachedPatientResources](https://t.ly/UnattachedPatientResources)**

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