



KNOW WHERE TO GO FOR CARE



Family doctor or nurse practitioner
Call your family practitioner to book an appointment. If you don't have one, register at [HealthLinkBC.ca](https://www.healthlinkbc.ca).



General health questions
Call **8-1-1** to speak with a nurse at any time.



Urgent and Primary Care Centre (UPCC)
Visit a UPCC for urgent, non-emergency care that needs attention within 12-24 hours, such as high fevers, cuts that require stitches or sinus infections. Find a location at [vch.ca/UPCC](https://www.vch.ca/UPCC).



Pharmacy
Talk to a pharmacist for prescription refills, minor ailments like pink eye, hemorrhoids or a urinary tract infection.



Emergency care
Call 9-1-1 or go to the Emergency Department for critical and life-threatening conditions. Check wait times at [EDWaitTimes.ca](https://www.edwaittimes.ca).



Mental health and substance use

- Suicide prevention hotline: **1-800-784-2433**
- BC Crisis Line: **310-6789**
- Kids Help Phone: **1-800-668-6868**
- Indigenous Crisis and Support Line - KUU-US Crisis Support Line: **1-800-588-8717**



Vaccinations
Get your flu or COVID-19 shot at a pharmacy, walk-in clinic or from your family practitioner.

Learn how to stay healthy this winter at [vch.ca/WinterCare](https://www.vch.ca/WinterCare)

