

KNOW WHERE TO GO FOR NON-EMERGENCY CARE

NORTH VANCOUVER URGENT AND PRIMARY CARE CENTRE (UPCC)

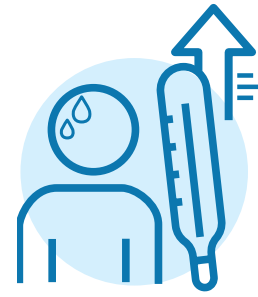
Your family doctor or nurse practitioner knows your health-care needs the best, but if you can't see them, visit the UPCC for same-day, urgent care for non-life-threatening health concerns.



Sprains and strains



Cuts, wounds or skin conditions



High fever



Nausea, diarrhea and constipation



New or worsening pain



Mental health concerns such as low mood, anxiety or depression

Before you visit:

- Check hours of operations at vch.ca/nvUPCC.
- Check approximate wait times at EDWaitTimes.ca.
- Bring your BC Services card if you have one.

North Vancouver UPCC
Suite 200, 2nd Floor, 221 West Esplanade
North Vancouver, BC V7L 1A5
T: 604-973-1600
F: 604-924-0406
W: vch.ca/nvUPCC

The North Vancouver UPCC offers X-ray services.
Services at UPCCs are available in multiple languages.

Call 9-1-1 or go to the Emergency Department immediately for life-threatening health concerns.

Additional health care resources:

- Call 8-1-1 to speak with a nurse any time or day.
- Visit vch.ca/MentalHealth for mental health and substance use services.
- Visit SeeYourPharmacist.ca for prescription refills and treatment for contraceptives and minor ailments.

