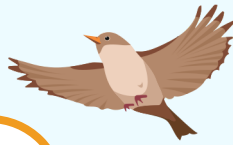


# Find the Right Care at the Right Place



**Call 9-1-1**  
or go to the nearest  
**Emergency Department**

Scan for ER  
wait times:



**Health Emergency**

**CONTACT YOUR  
FAMILY DOCTOR OR  
NURSE PRACTITIONER FIRST**

*Same-day appointments  
may be available*

**Comox Valley UPCC**

Urgent Care Clinic @ 615 10<sup>th</sup> St.  
Call **1-833-688-8722** to book  
M-F 1-9pm, Sat/Sun/Stats 8am-8pm

**WELLHealth Medical Centre**

Walk-in Clinic @ 3199 Cliff Ave.  
Call **250-334-1512** or book [online](#)  
8am-3pm Mon-Sat

**Comox Valley MHSU**  
Walk-in @ 941A England Ave.  
or call **250-331-8524**  
**Access Central**  
**1-888-885-8824**  
Drug & alcohol use support  
9am-7:30pm daily  
**The Village Clinic**  
OAT Clinic @ 519E 5th St.  
Call **250-331-6333** to book

**Same-day Care**

**Adult Mental Health &  
Substance Use (MHSU)**

**24/7 Crisis Lines**

**Vancouver Island Crisis Line**

**1-888-494-3888**

**National Suicide Crisis Helpline**  
call or text 9-8-8

**K'ómoks First Nation (KFN)**  
**Health Centre**

For KFN members & spouses/children  
@ 3330 Comox Rd. Call **250-339-6591**

**Metis & Urban Indigenous  
Community Health Pathfinders**

Culturally grounded support services  
Call **250-668-5935** or  
Email: [pathfinder@mnbc.ca](mailto:pathfinder@mnbc.ca)

**First Nations**

**Virtual Doctor of the Day**

Call **1-855-344-3800** to book

**KUU-US 24/7 Crisis Line**

**1-800-588-8717**

**Lamathut 24/7 Crisis Line**

For residential school survivors

**1-800-721-0066**

**Métis 24/7 Crisis Line**

**1-833-638-4722**

**Indigenous  
Health & Wellness**

**Women's Health**

**Rosewall Women's Clinic**

Call **778-225-9738** or book [online](#)

**Pregnant in the Comox Valley**  
Website for local pregnancy, birth,  
and parenting resources

**Right From The Start**

Prenatal and postpartum support  
Register [online](#)

**Children & Youth**

**Foundry Comox Valley**

Ages 12-24. Walk-in @ 575 10th St.  
or call **250-338-7341** to book

**Child & Youth Mental Health Intake**

Ages 0-18. Walk-in @ 2455 Mansfield Dr.  
or call **250-334-5820** to book  
Wed 9-11am & 1-3pm

**Comox Valley Public Health**

Health promotion & disease prevention  
@ 961 England Ave. Call **250-331-8520**

**Speak to your  
Pharmacist**

**Urgent  
Medication Refill**

**Community-based  
Primary Care**

**Health Link BC**  
Register online for the  
**Health Connect Registry**  
or call **8-1-1** for  
24/7 health info & advice

**Need a Family Doctor,  
Nurse Practitioner or  
Health Advice?**

**Comox Valley Nursing Centre**

Team-based primary care for complex  
medical & social needs, including  
mental health, substance use, chronic  
pain, HIV/hepatitis, & gender-affirming  
care. Referral or intake required.

Call for info: **250-331-8502**



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