

Choose the right care at the right place



Call your family doctor first. Same-day urgent appointments may be available.

Health concern?

Check medimap.ca walk-in clinic wait times and hours.

Family doctor not available?

Call 8-1-1, HealthLinkBC, available 24/7.

Trusted health advice?

Call the Fraser Health Crisis Line 24/7 at 1-877-820-7444.

Mental health concern?

Speak with your pharmacist.

Urgent medication refill?

Call 9-1-1 or go to the nearest emergency room.

Critical or life threatening condition?

Use your **ER** wisely