FAMILY PHYSICIAN OR NURSE PRACTITIONER

If your concern is not critical or life-threatening, call your Family Physician first. They may have same-day appointments available if your concern is urgent.

URGENT PRIMARY CARE CENTRE (UPCC) OR WALK-IN CLINIC

If you do not have a Family Physician or they are unavailable, try a <u>UPCC</u> or <u>walk-in clinic</u>.

PHARMACIST, 8-1-1 OR FH VIRTUAL CARE

For health advice, you can <u>call 811</u> to speak with a Registered Nurse. For urgent medication needs, contact your pharmacist or call 811 between 5pm and 9am. <u>Fraser Health Virtual Care</u> can be reached at 1-800-314-0999. They can connect you with the care you need and are open 7 days a week from 10am to 10pm.

EMERGENCY DEPARTMENT

If your condition is critical or life-threatening, call 911 or go to your nearest Emergency Department.



Where4Care

Know Your Options

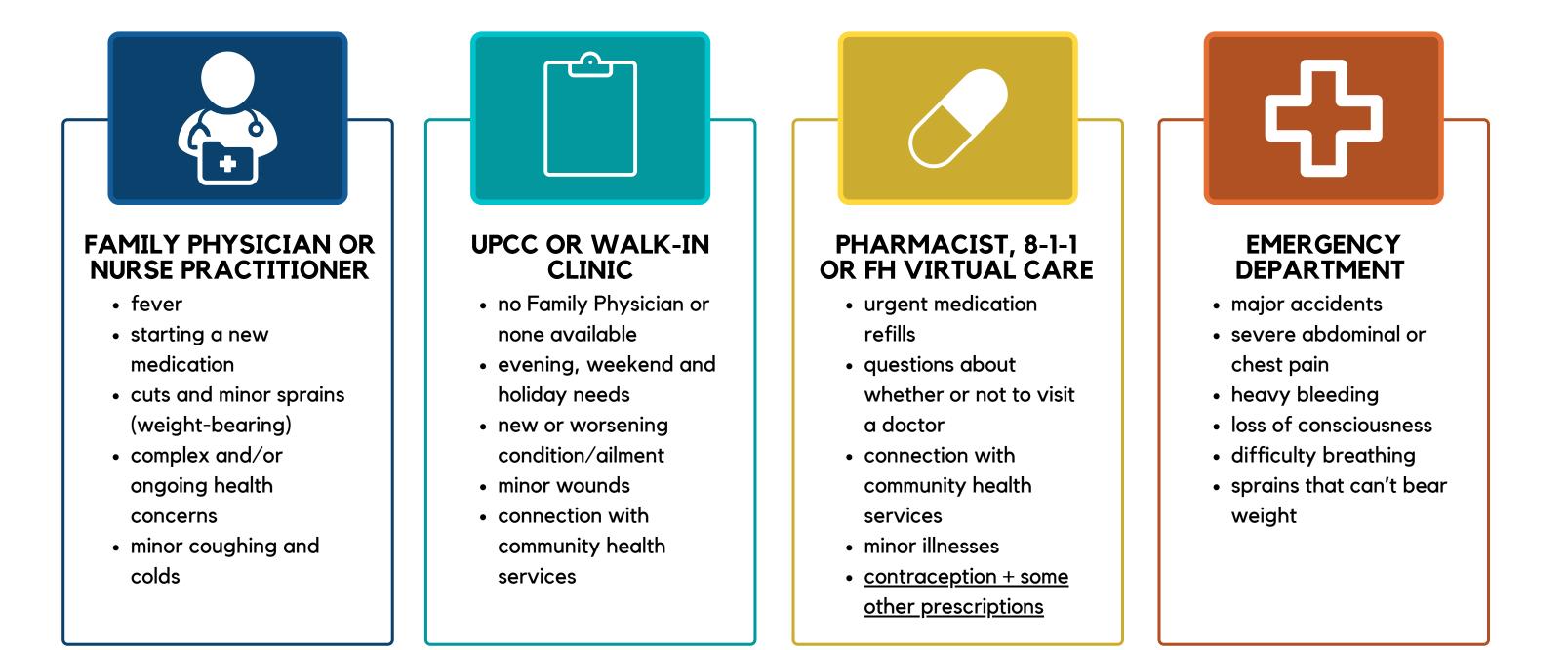
Do you know where to go to get the health care you need in Surrey and North Delta?

Knowing Where4Care can help you and your family get the right care in the right place and avoid lengthy wait times.

MENTAL HEALTH SUPPORTS IN SURREY AND NORTH DELTA

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- Fraser Health Crisis Line: 1-877-820-7444
- Hope For Wellness Helpline (Indigenous People): 1-855-242-3310 OR <u>hopeforwellness.ca</u>
- Surrey Mental Health and Substance Use UCRC walk-in or by appointment at 604-953-6200



Where4Care **Know Your** Options



Helpful Websites

FIND A FAMILY PHYSICIAN OR NURSE PRACTITIONER

• Health Connect Registry: <u>https://www.healthlinkbc.ca/find-care/health-connect-registry</u>



- <u>Find a Walk-In Clinic</u>: https://medimap.ca/
- Learn More about UPCCs: https://www.fraserhealth.ca/Service-Directory/Services/primary-careservices/urgent-and-primary-care-centre

PHARMACISTS, 811 AND FRASER HEALTH VIRTUAL CARE

- Pharmacy Services (Including Prescribing Medications): https://www.healthlinkbc.ca/healthservices/pharmacy-services-in-bc
- 811 Services: https://www.healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1
- Learn More about FH Virtual Care: https://www.fraserhealth.ca/virtualcare



EMERGENCY DEPARTMENT

• Find Current ED Wait Times: https://edwaittimes.ca/welcome