

Know Your Healthcare Options

If you require emergency care, please call 911 or go to your nearest Emergency Department.

Our Emergency Departments are always here for you if you are experiencing a medical emergency. If your condition is not a medical emergency, there are other healthcare options available that may get you the care you need more quickly.



Contact Health811

To check symptoms, get health advice, find a health service or learn more about medical terms and conditions, visit [health811](https://www.health811.ca) or call 811 for 24-hour access to a registered nurse.



Visit Your Doctor or Nurse Practitioner

Your family doctor or Nurse Practitioner is your best option for your ongoing health care. In a non-emergency, contact your family doctor or nurse practitioner to determine if you should be seen in person or virtually.



Go to an Urgent Care Centre or Walk-in Clinic

If you cannot wait for an appointment with your doctor or nurse practitioner or you do not have one, walk-in and urgent care clinics can treat illnesses and injuries that do not require emergency care.



Speak to a Pharmacist

Speak to your pharmacist if you have questions about your medications, cold, flu or other seasonal illnesses and options to relieve symptoms. Pharmacists can now treat and prescribe for some common ailments.



Connect with Mental Health Crisis Services

- **COAST: Crisis Outreach and Support Team**
For Halton Region residents 16 years of age and older: 1-877-825-9011
- **ROCK: Reach Out Centre for Kids**
Assessment & treatment of children, adolescents and families: 905-878-9785
- **Kids Help Phone** – Website: [kidshelpphone.ca](https://www.kidshelpphone.ca) Phone: 1-800-668-6868 Text: 686868
- **SAVIS: Sexual Assault & Violence** – Intervention Service & Support for Survivors of Violence: 905-875-1555
- **Suicide Crisis Helpline** – Call or Text 988
- **Distress Centre Halton** – To better cope with crisis, loneliness and emotional stress.

Oakville
905-849-4541

North Halton
905-877-1211

Burlington
905-681-1488

Hamilton
905-561-5800

For more information about your healthcare options visit our website at www.haltonhealthcare.com or scan the QR Code.

