

D Doctor or Clinic

Your family doctor or primary care clinic is your medical home where most of your health issues can, and should, be addressed.

You should always try to seek care for non-emergency issues with your family doctor or nurse practitioner first.



U Urgent Care or E Emergency?

If you are unsure if you should go to urgent care call Health Links - Info Santé

204-788-8200
Toll free 1-888-315-9257

Patients with potentially life-threatening conditions should immediately phone 911.

Urgent care centres provide 24/7 access for unexpected, but non-life-threatening health concerns, which require same day treatment. Patients coming to urgent care centres may arrive on their own, or be transported there by ambulance.

For serious and life-threatening health concerns always go to your nearest emergency department or call 911. Emergency departments are open 24/7 to address serious, life-threatening health emergencies.

Go to urgent care for:

Call 911 or go to emergency department for:



illnesses or injuries that cannot wait for you to see your family doctor



dehydration



fevers, flu symptoms, rashes or infections



cuts that won't stop bleeding



injured limb that might be broken or sprained



any other urgent, but not life-threatening, conditions



stroke/facial weakness/ extremity weakness



heart attack/chest pain or tightness



unable to wake/unconscious



sudden onset of severe headache or confusion



seizure and/or severe head injury



major assault such as stabbings or shootings



severe difficulty breathing or trouble speaking



uncontrolled or severe bleeding



major trauma such as loss of limb



severe allergic reaction



severe burns

Urgent care centres are able to provide services not available in many doctors' offices, such as stitches and casts, but are not equivalent to emergency departments.

Urgent care centres help conserve emergency department resources for more serious, life-threatening conditions. Patients are seen based on their medical condition, not order of arrival.



Mental Health Services & Supports

If the person will attend **VOLUNTARILY**:

Call the Mobile Crisis Service at 204-940-1781 or go to the Crisis Response Centre at 817 Bannatyne Ave.

If the person is **NOT VOLUNTARILY** getting help:

Call **911** or visit an emergency department.