

IMPORTANT INFORMATION

HEALTH SERVICES ARE SHIFTING OCTOBER 3

Keep this card for easy reference



MENTAL HEALTH SERVICES AND SUPPORTS

If someone is experiencing a mental health crisis, there are two options.

VOLUNTARY

Call the Mobile Crisis Service at **(204) 940-1781** or go to the 24-hour Mental Health Crisis Response Centre at 817 Bannatyne Ave.

NOT VOLUNTARY

Call **911** or go to an emergency department, especially if the person is at risk of hurting themselves or others.

STILL UNSURE OF WHERE TO GO?

Call Health Links at **(204) 788-8200** or toll-free **1-888-315-9257**

To find a clinic or health centre near you, visit wrha.mb.ca

Knowing where to go will improve your care.

D

DOCTOR OR CLINIC

Doctors and walk-in clinics provide the right care for everyday health concerns that do not require emergency or urgent care, such as:

- minor illnesses, flu, rashes or infections
- diagnosis and specialist referral
- ongoing management of health conditions and preventative care
- prescriptions, vaccinations and inoculations

Need to find a family doctor?

Contact the Family Doctor Finder:

Call **(204) 786-7111**

Toll-free **1-866-690-8260**

www.gov.mb.ca/health/familydoctorfinder



U

URGENT CARE

Urgent care at Victoria Hospital is open 24 hours a day, 7 days a week to address urgent but not life-threatening health concerns such as:

- illnesses, injuries or infections requiring same-day attention
- dehydration
- cuts that won't stop bleeding
- injured limbs that might be broken or sprained

An additional urgent care clinic will open at Seven Oaks General Hospital in summer of 2018.



E

EMERGENCY

Emergency departments in acute care hospitals are open 24 hours a day, 7 days a week to address the most serious and life-threatening health issues. Call 911 or go to emergency for issues such as:

- 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
- severe difficulty breathing or trouble speaking
- uncontrolled or severe bleeding
- major trauma such as loss of limb
- severe allergic reaction
- severe burns

If your issue is not life-threatening, you may wait longer at an emergency department because more serious cases will be given priority.

