

# RIGHT CARE, RIGHT PLACE.



## ACCESSING HEALTH CARE SERVICES - MORRIS & AREA

### HEALTH CONCERN?

Call your health care provider or nurse practitioner. Same-day appointments will be available.



### NEED TRUSTED HEALTH ADVICE?

Call Health Links-Info Santé  
1 888 315 9257



### URGENT MEDICATION REFILL NEEDED?

Speak with your pharmacist.

### NEED SAME-DAY TREATMENT

Limited same-day appointments may be available with your health care provider - Monday to Friday 9:00am-5:00pm (excluding Statutory holidays) to address non life-threatening health concerns.

Call: 204-746-2301 or scan the code to access Q-Doc (virtual physician consultation)



### Temporary Walk-in Clinic

Limited walk-in appointments available Monday, Tuesday and Wednesday 4-7:00 pm effective **Oct. 1<sup>st</sup>, 2023** until further notice. Appts. will be filled **in person only**. No advance bookings.

### MENTAL HEALTH CRISIS OR SUBSTANCE USE CONCERN?

- 1 888 617 7715 (Crisis Line)
- 1 877 435 7170 (MB Suicide Line)
- 204 239 8800 (Rapid Access to Addictions Medicine)

### CRITICAL INJURY OR LIFE- THREATENING CONDITION?

Call **911** or go to an emergency department



# Accessing Health Care Services - Morris & Area

## Primary Care Clinic

Your 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 health care provider such as your nurse practitioner/doctor. Same-day appointments may be available.

Please call your local primary care provider to schedule an appointment.

**If you do not have a primary care provider, call Family Doctor Finder at 1 866 690 8260.**

If you are unsure about where to access services, call Health Links-Info Santé

**1 888 315 9257**

Speak with your pharmacist about your medication refill needs.

## Medical Clinic - Morris

Limited same-day appointments may be available with your health care provider: Monday to Friday 9:00 am-5:00 pm (excluding Statutory holidays) to address non life-threatening health concerns, such as the following:

- breathing difficulties, such as mild to moderate asthma
- cuts
- diagnostic services
- eye irritation and redness
- falls
- fever or flu
- minor broken bones and fractures in fingers or toes
- moderate back problems
- severe sore throat or cough
- skin rashes and infections
- sprains and strains
- urinary tract infections
- vomiting, diarrhea, or dehydration

Call: **204-746-2301** or access Q-Doc (virtual physician consultation)



**Temporary Walk-in Clinic** - Monday, Tuesday and Wednesday 4-7:00 pm effective on **Oct 1<sup>st</sup>, 2023** until further notice. Appts. will be **in person only**. No advance bookings.

## Call 911

Patients with potentially life-threatening conditions should immediately phone 911 or go to an Emergency Department (see below). Examples include:

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

### Emergency Departments

Scan the QR code to access the Southern Health-Santé Sud schedule for Health Centre Emergency Departments.



## Mental Health Services/Substance Use Support

- If you or someone you care about is experiencing a mental health crisis, call Crisis Services at 1-888-617-7715 or Manitoba Suicide Line at 1-877-435-7170. If the situation is life-threatening, call 911 or visit an emergency department (see above).
- If you or a loved one is living with mental illness, call 1-888-310-4593 to access Community Mental Health services (counselling, education, referrals).
- For substance use concerns, call 204-239-8800 to access the Rapid Access to Addictions Medicine (RAAM) Clinic in Portage la Prairie, a walk-in clinic for adults (age 18+) looking to get help with high-risk substance use and addiction. No referral is needed. Open Monday to Friday 8:30am-4:30pm.
- For more information on other mental health services, visit [www.southernhealth.ca](http://www.southernhealth.ca)

