

# RIGHT CARE, RIGHT PLACE.

ACCESSING HEALTH CARE SERVICES - ALTONA & AREA

## HEALTH CONCERN?

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

## NEED SAME-DAY TREATMENT

Altona Clinic - limited same-day appointments are available with your health care provider - Monday to Friday 9:00am-5:00pm (excluding statutory holidays) to address non life-threatening health concerns



## NEED TRUSTED HEALTH ADVICE?

Call Health Links-Info Santé  
1 888 315 9257

## 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)

## URGENT MEDICATION REFILL NEEDED?

Speak with your pharmacist.



## CRITICAL INJURY OR LIFE- THREATENING CONDITION?

Call 911 or go to an emergency department



# Accessing Health Care Services - Altona & Area

## Nurse Practitioner/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. Same-day appointments may be available.

Option to access local primary care:

- Altona Clinic: 204 324 6447

**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.

## Altona Clinic

Altona Clinic - limited same-day appointments are 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

To make an appointment call:

Altona Clinic: **204 324 6447**

## 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)

