# Where To Go if You Feel Unwell - Almaguin Highlands

## NOT SURE WHERE TO GO?

**For help finding local health services call 2-1-1**

### Family Doctor or Nurse Practitioner

If you or a family member are feeling unwell, contact your family doctor or nurse practitioner. If they're not available—or if you don't have one—you can **explore the options below.**

**Looking for Primary Care?** To find a family doctor or nurse practitioner, register through Health Care Connect by calling **1-800-445-1822** or visiting **ontario.ca/healthcareconnect.**

### Virtual Healthcare Services

**Health 811**
A free, secure, and confidential service available to Ontarians 24/7. You can connect with a registered nurse for health advice by calling **811 (TTY: 1-866-797-0007)**, chatting online, or exploring services at **Ontario.ca/health811**.

**North East Virtual Care Clinic**
Book a same-day or next-day virtual appointment with a Nurse Practitioner at **https://nevirtualcare.ca/**

**TelemedMD**
A virtual care provider offering OHIP-covered healthcare visits. Their team includes Ontario-certified physicians, specialists, and on-site nurses. Appointments are available Monday to Friday, 8:30 a.m. to 4:30 p.m. at **telemedmd.ca**.

**Tia Health**
A virtual care provider offering OHIP-covered healthcare visits. Their team includes Ontario-certified physicians, specialists, and on-site nurses. Appointments are available Monday to Friday, 8:30 a.m. to 4:30 p.m. at **tiahealth.com**.

### Walk-In Clinics

**South River Guardian Pharmacy**
Book an appointment to see a doctor virtually. You must go to the Pharmacy at 311 Highway 124, South River for your virtual visit. **To book call: 705-386-0636.**

**Bracebridge Medical Clinic**
Open Monday to Friday, 8:30 a.m. to 1:00 p.m., at 55 Muskoka Road 118, Bracebridge. Clinic may close registration early based on capacity. **Contact: 705-645-1027**

**South Muskoka Medical Centre, Bracebridge**
Open Monday to Friday, 9:00 a.m. to 4:00 p.m., and Saturday to Sunday, 9:00 a.m. to 3:00 p.m., at 230 Manitoba Street, Bracebridge. **Contact: 705-646-7634**

**Gravenhurst Walk-In Clinic**
Open Monday to Friday, 9:00 a.m. to 4:00 p.m. by appointment only. **To book call: 705-687-8523.**

### Pharmacy Services

Pharmacists can now help with many health concerns and prescribe for common conditions such as **infections & skin conditions**, **insect bites**, **allergies & respiratory issues** and **digestive & stomach concerns**.

To learn more and for a list of common aliments that pharmacist can treat, visit **ontario.ca/page/pharmacies**.

### Mental Health Services

**Suicide Crisis Helpline**
For immediate, 24/7 mental health support—whether you're thinking about suicide or worried about someone else—**call or text 988**.

**1door**
Provides quick access to free counselling for youth, adults, and families in Simcoe County and Muskoka. No waiting list. Virtual and in-person services available at **1door.ca.**

**CMHA Muskoka-Parry Sound**
Free walk-in counselling clinics for individuals seeking mental health support. No appointment or referral needed. Huntsville location: Mondays and Thursdays 12:00-8:00PM (8 Crescent Rd., Huntsville ON) or Bracebridge location: every Wednesday 12:00-8:00PM (173 Manitoba St., Bracebridge ON).
**705-789-8891 | mps.cmha.ca**

**Simcoe Muskoka Family Connexions**
Offering child and youth mental health services to families with children (under the age of 18) living in the District of Muskoka.
**705-645-4426 x6270 | familyconnexions.ca**
**24/7 Crisis Line: 1-844-287-9072**

### Transgender and Non-Binary Services Guide

This resource guide provides the community with information and guidance for navigating transgender and non-binary healthcare and support services.

**maoht.ca/community-resources**

Call **911** or go to the nearest **hospital emergency department** for immediate life-threatening conditions or injuries.

Muskoka Almaguin ONTARIO HEALTH TEAM

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