Where To Go if You Feel Unwell - Muskoka

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**.

Virtual Urgent Care Clinic
Book a same-day or next-day virtual appointment with a Nurse Practitioner at **empower.ca/en/static/regional-virtual-urgent-care**.

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

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**

The Annex Clinic, Huntsville
Appointment-based care for those **without a local healthcare provider**. Located at 1 Minerva Street, Huntsville. Open Monday to Thursday, 9:00 a.m. to 4:00 p.m., with Friday availability depending on staffing. **To book call: 705-789-1744.**

Gravenhurst Walk-In Clinic
Open Monday to Friday, 9:00 a.m. to 4:00 p.m. by appointment. **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

The MAOHT is supported by funding from the Government of Ontario.