Where To Go if You Feel Unwell - Sundridge & District

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**.

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

Hands
Supports children and youth under 18 years, and their families, who are struggling with mental health concerns.
705-476-2293 | thefamilyhelpnetwork.ca
24/7 Crisis Line: 1-844-287-9072

CMHA Muskoka-Parry Sound
Free walk-in counselling clinics for individuals seeking mental health support. No appointment or referral needed.
705-789-8891 | mps.cmha.ca
CMHA Crisis Line: 1-800-461-5424

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**.

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**

Head to Toe Clinic, North Bay
Open Monday to Thursday, 9:00 a.m. to 4:00 p.m., by appointment only at 1950 Algonquin Ave, North Bay (Guardian Drug Building). **To book call: 705-495-0300.**

Phil's Lakeshore Pharmasave, North Bay
Book an appointment to see a doctor virtually. You must go to the Pharmacy at 41 Lakeshore Drive, North Bay for your virtual visit. **To book call: 705-476-4016 or visit the pharmacy directly.**

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.