

# Know your care options

Choose the right care at the right place

## Health concern?

Call your family doctor or nurse practitioner first. Same-day, urgent appointments may be available.



## How can a pharmacist help?

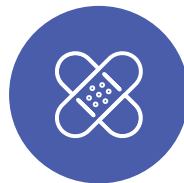
Go to a pharmacist if you need help for a bladder infection (urinary tract infection). They can also help you with pink eye, hemorrhoids, medicine refills and more.



## Family practitioner not available?

Visit an Urgent and Primary Care Centre for same-day care for urgent, non-life-threatening injuries or illnesses.

Locations: [fraserhealth.ca/UrgentCare](https://fraserhealth.ca/UrgentCare)



## Mental health concern?

Call our Fraser Health Crisis Line 24/7 at **1-877-820-7444**.



## Health care advice from home?

Call our Fraser Health Virtual Care team at **1-800-314-0999** to speak to a registered nurse, 10 a.m. to 10 p.m. seven-days-a-week.



## Critical or life-threatening condition?

Call **9-1-1** or visit your nearest emergency room for critical or life-threatening conditions.



## Need help deciding?

Visit [fraserhealth.ca/AskFraser](https://fraserhealth.ca/AskFraser). Our digital health care navigator, Fraser, will help match you with the nearest available care option for your needs.

