

Skip the ER wait: access non-urgent care options



FIRST, CONTACT YOUR PRIMARY CARE PROVIDER

(Family doctor, nurse practitioner or NB Health Link)



NB HEALTH LINK

If you don't have a primary care provider,
register with NB Health Link:

[1-833-354-2300](tel:1-833-354-2300) or LienSanteNBHealthLink.CA

Other options



TELE-CARE 811

24-hour support from a nurse who can refer you for
in-person or virtual appointments and to additional
community services.

[811](tel:811)



EVISITNB

Virtual clinic (phone, chat, text)
8AM - 8PM, 7 days a week.

EVisitNB.CA



WALK-IN CLINICS

To find clinic locations:

NBMS.NB.CA/Walk-in-Clinics



PHARMACISTS

Can prescribe treatment for minor conditions like cold
sores, conjunctivitis, reflux (GERD), shingles and more.
Can also provide vaccinations.

[Contact your pharmacy](#)



ADDICTION AND MENTAL HEALTH SERVICES

New Brunswick Addiction and Mental Health Helpline,
a free, 24-hour service.

[1-866-355-5550](tel:1-866-355-5550)

One-at-a-time therapy is available by appointment or
walk-in at all addiction and mental health centres.

GNB.CA/MentalHealth

Access resources and programs online:

NB.BridgeTheGapp.CA

Additional tools



MYHEALTHNB

A website and mobile app that provides secure
access to your health information and related
services. Download the app and register today at:

MyHealth.GNB.CA



SYMPTOM CHECKER

An online tool to quickly determine if you need to
seek care, what options are available and what steps
you can take to manage your symptoms at home.

GNB.CA/NonUrgentCare

GNB.CA/NonUrgentCare