

Know Your Care Options

Choose the right care at the right place

Health concern?

Call your family doctor first. Same-day urgent appointments may be available.



Have a minor ailment?

Visit a pharmacist for assessment and treatment of urinary tract Infections, pink eye, hemorrhoids, prescription refills and more.



Family doctor 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



Mental health concern?

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



Need trusted health advice?

Call our Fraser Health Virtual Care team at **1-800-314-0999** to speak with 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.



fraserhealth.ca/CareOptions

