

# Know your options for health care

## ○ Health concern?

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

## ○ Family doctor not available?

- Visit [fraserhealth.ca/urgentcare](https://fraserhealth.ca/urgentcare) for Urgent and Primary Care Centre locations.
- Visit [pathwaysmedicalcare.ca](https://pathwaysmedicalcare.ca) to find information about doctors and medial clinics in your community.

## ○ Urgent medication refill?

Contact your pharmacist.

## ○ Mental health concern?

Call the Fraser Health Crisis Line at 1-877-820-7444.

## ○ Critical or life-threatening condition?

Call 9-1-1 **OR** go to the nearest emergency room.

## ○ Need trusted health advice?

Call the Fraser Health Virtual Care team at 1-800-314-0999.