

Looking for a Family Practitioner?

Resources to Support Your Health Care Needs

Register to find a Family Practitioner in Kootenay Boundary

The Health Connect Registry is a patient registry for people who are looking for a family doctor or nurse practitioner. Once registered, you will be contacted directly when a primary care provider is available.

kbhcr.ca >

Emergency Care

For medical emergencies call **9-1-1** or go to your closest emergency department.

divisionsbc.ca/kootenay-boundary/for-patients/kb-clinics-hospitals#ED-List >

Urgent & Primary Care Centre

The Castlegar UPCC is available to anyone in the Kootenay Boundary region. The centre is located in the Castlegar & District Community Health Centre. Appointments must be booked in advance by phone at (250) 304-1289 for all services. The Castlegar UPCC takes appointments for non-life-threatening illnesses or injuries.

Call: 250-304-1289 | Learn more at: interiorhealth.ca/locations/castlegar-urgent-primary-care-centre >

KB Access Clinic - For Patients Without a Family Practitioner

KB Access is a medical clinic that offers primary care, as needed & by appointment only, to patients in the Kootenay Boundary region who don't currently have a family doctor or nurse practitioner. KB Access serves the region with virtual & in-person appointments. Appointments are with the local family practitioner on shift that day.

Call: 778-518-3112 | Learn more & book online at kbaccess.ca >

Preventive Screening

> KB SCREEN

A virtual clinic offering age-related routine screening for Kootenay Boundary residents who don't currently have a primary care provider. Screen for colon, breast, cervical, prostate & lung cancer.

Call: 1-778-364-0717 | Learn more at: kbscreen.ca >

> CERVIX SELF SCREENING

Cervix self-screening is an alternative to the Pap for routine screening. It's accurate & convenient. Request a self screening kit by phone 1-877-702-6566 or online.

bccancer.bc.ca/screening/cervix >

Virtual Primary Care Options

> FIRST NATIONS VIRTUAL DOCTOR OF THE DAY

The Virtual Doctor of the Day program is open to all First Nations people & their families living in BC. The program includes doctors of Indigenous ancestry. All doctors & allied health care professionals are trained to follow the principles & practices of cultural safety & humility. Call 1-855-344-3800 to book an appointment.

fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day >

> HEALTH LINK BC VIRTUAL PHYSICIANS

HealthLink BC's virtual physicians provide confidential health information & advice. Virtual physicians can be available to 8-1-1 callers after assessment by a Health Link registered nurse.

healthlinkbc.ca/virtual-physician >

> FOUNDRY BC VIRTUAL PRIMARY CARE

Foundry Virtual BC offers free virtual primary & sexual health care services to young people ages 12-24 in BC, who do not have access to a physician or medical professionals in their community.

foundrybc.ca/virtual/primary-care >

See Your Pharmacist Services

BC Pharmacists can assess & prescribe for 21 minor ailments (including uncomplicated urinary tract infections, seasonal allergies & more), contraception, nicotine cessation & emergency refills. Book an appointment or walk-in to an available pharmacy.

seeyourpharmacist.ca >

Health Advice by Phone - Healthlink BC 811

Call 8-1-1 to speak with a registered nurse, dietitian, pharmacist or exercise therapist for health advice; or connect with a service navigator for help to find a health care resource. Available 24/7.

healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1 >

Sexual Health

> OPTIONS FOR SEXUAL HEALTH CLINICS

Options clinics are inclusive spaces to access sexual & reproductive health care. Find a Kootenay Boundary clinic near you using their clinic finder.

optionsforsexualhealth.org/care/clinic-finder >

> **INTERIOR HEALTH SEXUAL HEALTH SERVICES CLINIC**

Offering routine Sexually Transmitted and Blood-borne Infections (STBBI) testing and treatment, Cervical cancer screening, emergency contraception, contraceptive counselling, pro-choice pregnancy testing and counselling, etc.

Castlegar District Health Centre (2nd floor), 709, 10th St, Castlegar, BC

Call to book: [250-826-1725](tel:250-826-1725)

> **GET CHECKED ONLINE STI TESTING**

An easy way to test for sexually transmitted infections (STIs) without visiting a health care provider. It's a free & confidential service offered by the BC Centre for Disease Control (BCCDC). Participating labs currently include Nelson BC.

getcheckedonline.com/Pages/HowGetCheckWorks.aspx >

Finding Community & Health Resources

> **BC 2-1-1 RESOURCE NAVIGATORS**

Dial or text **2-1-1** to connect with a resource navigator for information & referrals to community & government services that can help with: mental health, basic needs like food & shelter, substance use, legal & financial assistance & much more. Not sure where to turn? Contact 2-1-1 or search their online database.

bc.211.ca >

> **KB FETCH**

KB Fetch can help link you to the services you need in Kootenay Boundary. It's a regional health & community services directory with information on programs & services located in, or serving, the region - including counseling & mental health supports & so much more.

kb.fetchbc.ca >

> **PATHWAYS KOOTENAY BOUNDARY**

Pathways Kootenay Boundary is a comprehensive online health & community resource directory that's easily searchable to find support & services near you.

kb.pathwaysbc.ca >

Aboriginal Patient Resources

> **CIRCLE OF INDIGENOUS NATIONS SOCIETY (COINS)**

COINS provides cultural support & services to Aboriginal people in Kootenay Boundary.

coinations.net/our-programs >

Patients can self refer to the COINS Aboriginal Health Coordinator for services & support.

coinations.net/referral-form-for-aboriginal-health-coordinator >

> **KB CULTURAL SAFETY - PATIENT RESOURCES**

A directory of resources, filterable by nation, to use in helping find health care supports patients' need for themselves, &/or their family. Includes programs, resources, counseling, dental, benefits & much more.

kbculturalsafety.org/patients >

> **FIRST NATIONS HEALTH AUTHORITY (FNHA)**

FNHA delivers benefits & a wide variety of First Nations health, wellness & benefits programs across BC.

fnha.ca >

FNHA's Virtual Doctor of the Day program is open to all First Nations people & their families living in BC.

fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day >

Mental Health - Adults

> **INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SERVICES (MHSU)**

MHSU aims to provide a safe space where you can be connected to the service or services that meet your needs. To self-refer, call **310-MHSU (6478)** or visit your local MHSU Centre.

interiorhealth.ca/services/access-mental-health-and-substance-use-services >

> **BOUNCE BACK**

Bounce Back is a free skill-building program designed to help adults & youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Learn skills to support your mental health with the help of a coach.

bouncebackbc.ca >

> **MIND SPACE BC**

Mind Space offers free MSP-covered cognitive behavioral therapy (CBT) skills groups that are led by family physicians & offered virtually for BC residents. 93% of group participants report greater confidence in managing mental health symptoms.

<https://mind-space.ca> >

> **CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) BC**

CMHA BC provides mental health & substance use resources, services & support.

cmha.bc.ca >

> **HERE TO HELP BC**

Find quality mental health information, learn new skills, & connect with key resources in BC.

heretohelp.bc.ca >

> **HELP STARTS HERE - GOV BC**

Explore GOV BC's listing of resources across the province.

helpstartshere.gov.bc.ca >

Mental Health - Child & Youth

> KB SEARCHLIGHT

'KB Searchlight' can help link you to the right services in your local community. It's a directory of youth mental health & substance use programs, services & resources for Kootenay Boundary youth, families & supporters.

kootenayfamilyplace.org/kb-searchlight >

> FOUNDRY BC

Free & confidential support for young people, ages 12-24, both online & in-person in communities across BC.

foundrybc.ca >

> KELTY MENTAL HEALTH RESOURCE CENTRE

Helps families across the province navigate the mental health system, connect with peer support, & access resources & tools to support well-being. keltymentalhealth.ca >

Dental Health

> WEST KOOTENAY COMMUNITY TEETH CLINIC

A not-for-profit clinic that offers high quality dental care for Kootenay-Boundary region low-income members including children, their families & seniors.

teethclinicwk.ca >

> CANADIAN DENTAL CARE PLAN (CDCP)

A federal program aimed at easing financial barriers to accessing oral health care for eligible Canadian residents. Find out if you qualify & apply.

canada.ca/en/services/benefits/dental/dental-care-plan.html >

Maternity Care

Find a maternity care provider near you to support pregnancy & child birth.

<https://divisionsbc.ca/kootenay-boundary/for-patients/kb-clinics-hospitals#MAT-List> >

Aboriginal patients can qualify for the **Doulas for Aboriginal Families Grant Program (DAFGP)** offered by the BC Association of Aboriginal Friendship Centres, First Nations Health Authority & BC Ministry of Health.

bcaafc.com/dafgp >

Gender Affirming Health Care

Access a resource guide for Kootenay Boundary transgender, Two-Spirit, non-binary, gender diverse people & allies to help in navigating health care, services & support.

divisionsbc.ca/kootenay-boundary/gender-affirming-care >

Palliative Care

The tools and resources linked below are designed to help patients, their families navigate care with clarity, confidence and compassion.

<https://divisionsbc.ca/kootenay-boundary/palliative-care> >

Home & Community Care

Interior Health offers a variety of at-home & community services to seniors & people with acute, chronic, palliative or rehabilitative health care needs.

Call: 1-800-707-8550

Learn more at: interiorhealth.ca/health-and-wellness/home-and-community-care/help-with-living-at-home >

Respite for caregivers is available through Adult Day Services & Home Health Clinicians at Interior Health.

preprod.interiorhealth.ca/services/adult-day-services >

Chronic Disease Care & Support

Interior Health offers support & resources to assist individuals impacted by a chronic health condition - including asthma, COPD & other lung conditions, brain injury, dementia, diabetes, chronic pain, heart disease, kidney disease, stroke & TIA.

interiorhealth.ca/health-and-wellness/healthy-living/chronic-diseases >

24/7 Crisis Support Lines

Reach out to access 24/7 support by phone or text:

- **988 SUICIDE CRISIS LINE:** Call or text **9-8-8** if you are experiencing feelings of distress or despair, including thoughts of suicide.
- **INTERIOR CRISIS LINE:** Call **1-888-353-2273** for emotional support & resources for anyone in crisis.
- **310 MENTAL HEALTH SUPPORT:** Call **310-6789** for support & resources specific to mental health & substance use.
- **KUU-US CRISIS RESPONSE SERVICE:** Call **1-800-588-8717** for culturally-aware crisis support for Indigenous peoples in B.C.
- **TRANS LIFELINE:** Call **1-877-330-6366** for emotional support & resources for trans people in BC.
- **KIDS HELP PHONE:** Call **1-800-668-6868** or text CONNECT to 686868 for confidential & anonymous support from trained responders for kids & youth.
- **VICTIM LINK BC:** Call **1-800-563-0808** for information & referral services for all victims of crime & immediate crisis support to victims of family & sexual violence.
- **ALCOHOL & DRUG INFORMATION & REFERRAL SERVICE:** Whether it's for yourself or someone you care about, call **1-800-663-1441** for information, options & support. They can refer to a full range of counseling & treatment services across BC.
- **BC SENIORS' DISTRESS LINE:** Call **604-872-1234** to talk with a crisis responder. This is also available to anyone who is concerned about an older adult.

- **BC POISON CONTROL:** If you suspect someone has been poisoned by a medicine, chemical or other substance, call the Poison Control Centre at **1-800-567-8911**.

Patient Education

Kootenay Boundary's Patient Advisory Committee & Community (PACC) works together to bring patient voices on important issues to health care providers & policymakers in our region. Their website also shares a series of educational articles featuring health care information & resources.

kbpacc.ca/empowering-the-citizen-patient >

Visit kbhcr.ca to view this resource list online

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Your link to local care.