

# D

# Doctor or Clinic

Your family doctor or primary care clinic is your medical home where most of your health issues can, and should, be addressed.

You should always try to seek care for non-emergency issues with your family doctor or nurse practitioner first.

**Don't have a family doctor?**

Use Family Doctor Finder

204-786-7111 or Toll-Free 1-866-690-8260

# U

## Urgent Care

If you are unsure if you should go to urgent care call Health Links - Info Santé  
204-788-8200 or Toll free 1-888-315-9257

Urgent care centres are open 24 hours a day, seven days a week to address urgent but not life-threatening health concerns, such as the following:

- illnesses or injuries that cannot wait for you to see your family doctor
- fevers, flu symptoms, rashes or infections
- dehydration
- cuts that won't stop bleeding
- injured limb that might be broken or sprained
- any other urgent, but not life-threatening, conditions

Urgent care centres are able to provide services not available in many doctors' offices, such as stitches and casts, but are not equivalent to emergency departments.

Urgent care centres help conserve emergency department resources for more serious, life-threatening conditions. Patients are seen based on their medical need, not order of arrival.

### Locations

#### Victoria General Hospital Urgent Care

2340 Pembina Highway

Phone: 204-269-3570

#### Concordia Hospital Urgent Care

1095 Concordia Ave

Phone: 204-661-7194

# E

## Emergency

Patients with potentially life-threatening conditions should immediately phone 911.

Emergency departments in acute care hospitals are open 24 hours a day, 7 days a week to address the most serious and life-threatening health issues.

Call 911 or go to an ED for:

- stroke/facial weakness/ extremity weakness
- heart attack/chest pain or tightness
- unable to wake/unconscious
- sudden onset of severe headache or confusion
- seizure and/or severe head injury
- major assault such as stabbings or shootings
- severe difficulty breathing or trouble speaking
- uncontrolled or severe bleeding
- major trauma such as loss of limb
- severe allergic reaction
- severe burns

### Locations

#### St. Boniface Hospital Emergency

409 Taché Avenue

Phone: 204-233-8563

#### Seven Oaks General Hospital Emergency

2300 McPhillips Street

Phone: 204-632-7133

#### HSC Winnipeg Emergency and Children's Hospital Emergency

700 William Avenue

Phone: 204-787-3167

#### Grace Hospital Emergency

300 Booth Drive

Phone: 204-837-0157

## Mental Health Services & Supports

If the person will attend **VOLUNTARILY**: Call the Mobile Crisis Service at 204-940-1781 or go to the Crisis Response Centre at 817 Bannatyne Ave.

If the person is **NOT VOLUNTARILY** getting help: **Call 911** or visit an emergency department.