



Primary Care Resources for Unattached Patients

This resource outlines health care services available for unattached patients in Williams Lake, 100 Mile House, and the Chilcotin region.

Unattached patients can access **primary care, including prescription services (excluding narcotics) through the virtual services listed below.** *Remind patients that not all virtual appointments are covered through MSP, and to always check coverage before booking an appointment.*

TELUS Health MyCare

Patients can access medical professionals, prescription services, and digitally monitor their health through their phone using the [Telus MyCare app](#)

Tia Health

Patients can access family doctors, specialists, nurse practitioners, physiotherapists, counsellors and more. Book an appointment online at www.tiahealth.com

Walk-In Virtual Clinics

Patients can book a video or telephone consultation online at www.walkinvirtualclinics.com

CloudMD

Patients can access primary care clinics, specialists, mental health services and more. Book an appointment at www.cloudmd.ca or through the [Save-on-Foods app](#)

Virtual Clinics+

Patients can access walk-in and family doctors by booking an appointment online at www.virtualclinics.ca

Viva Care

Patients can access general practitioners, specialists, pharmacists, walk-in doctors and counsellors. Book an appointment online at www.vivacare.ca

Maple Virtual Health Care

Patients can access GPs and prescription services by booking an appointment online at www.getmaple.ca, using the [Maple app](#), or speaking with a Shoppers Drug Mart pharmacist about the Maple Virtual Health Care options available in-store.



Patients can also call **HealthLink811 at 8-1-1**

for free health information and advice.

For emergencies or urgent after hours care, patients can go to the ER at Cariboo Memorial Hospital or 100 Mile District General Hospital.

Where can patients find a primary care provider?

Patients can **register to get a primary care provider** with the BC Health Connect Registry by **calling 8-1-1** or **visiting <https://www.healthlinkbc.ca/health-connect-registry/central-interior-rural>**



First Nations Doctor of the Day

First Nation patients and their family members can access virtual primary health care and prescription services through Doctor of the Day. Call **1-855-344-3800** to book an appointment

First Nations patients can access **additional primary care services through Nations Health Centres**, including nurse practitioner, mental health practitioner, lab technician, and medical transportation services.

Esk'etemc Health Services

Call 250-440-5611 or visit www.esketemc.ca/health/

Tsq'ésceñ: White Feather Centre

Call 250-397-2717 or visit www.canimlakeband.com/programs/health-wellness/white-feather-center/

Xatsúll Health Station

Call 250-989-2355 or visit www.xatsull.com/departments/health/

T'éxel'c: Sugar Cane Health Station

Call 250-996-3507 or visit www.wlfn.ca/departments/health-station/

Three Corners Health Services Society (TCHSS)

Call 250-398-9814 or visit www.threecornershealth.org

Stswecem'c/Xgat'tem TCHSS: Xgat'tem Health

Call 250-440-5822 or visit www.threecornershealth.org

Stswecem'c Health

Call 250-459-7749 or visit www.threecornershealth.org



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Where can patients go for mental health services?



Community Mental Health and Substance Use Services is the main entry point for patients looking to get a referral for mental health and substance use services. They can help with concerns like anxiety, depression, paranoia, psychosis, and ongoing challenges with substance use.

Patients can call 310-MHSU for a referral for mental health services.

For immediate assistance, patients can call one of the following crisis lines 24/7:

- › Interior Crisis Line Network at **1-888-353-2273**
- › KUU-US (Indigenous) Crisis Line at **1-800-588-8717**
- › Métis Crisis Line at **1-833-638-4722**

Where can patients get at-home support and caregiving services?

Specialized Community Services Programs (SCSP) is the main entry point for adults looking to get a referral for home and community care, and help with chronic disease management. Services include:



Care management services (e.g., community nursing)



Palliative care services (e.g., hospice care)



Acquired brain injury services

Patients can call **1-800-707-8550, Option 2** for a referral to SCSP services (phone lines open Monday to Friday, 8am-4pm)

Looking for additional support? Check out allied health services!

Allied health professionals can help prevent, diagnose, and/or treat a range of conditions and illnesses **things like: disability, chronic disease and mental health.** Allied Health professionals may include:

- Respiratory therapists
- Social workers
- Chiropractors
- Pharmacists
- Massage therapists
- Physiotherapists
- Orthotists
- Acupuncturists
- Midwives

Please remind patients that most allied health services are self pay.



Patients can check out Google or the local yellow pages to find allied health professionals in their community!