

Use your **ER** wisely

Choose the right care
at the right place.

Health
concern?



Family doctor
not available?



Need trusted
health advice?



Urgent
medication refill?



Mental
health concern?



Critical or
life-threatening
condition?



fraserhealth

Better health. Best in health care.

Health concern?

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



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

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.



Urgent medication refill?

Call or visit your pharmacist about prescription refills.

Mental health concern?

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



Critical or life-threatening condition?

Call 9-1-1 or visit your nearest emergency room for critical or life-threatening conditions.