North Bay Regional Health Centre | Centre régional de santé de North Bay



Not sure where to go for care?

Knowing your options can help you reduce stress and get timely support.

The Emergency Department is for urgent, immediate and unscheduled healthcare services and is one of several choices to receive care. You may be able to use another healthcare option to get the care you need more quickly if your condition is not urgent.

For serious medical injuries and conditions, DO NOT delay seeking emergency care. For non-urgent needs consider the following options.*

Dental Care

NBPSHU - Dental Services:
Dental care for eligible individuals and families who face financial barriers, ensuring everyone has the opportunity to achieve good oral health.

Canadian Dental Care Plan:
Helping make the cost of dental care more affordable for eligible Canadian residents.

Scan the QR code to learn more.

Alternative Care for Non-Urgent Needs

Community Care Resources

Tia Health • tiahealth.com
Online appointments with a network of Canadian healthcare providers; prescriptions, referrals, labs, mental health. Free in Ontario with a valid health card.

Health Care Connect
Register to be matched with a primary care provider who is accepting new patients.

Health811
Call or chat online to connect with a registered nurse 24/7 and use the symptom assessment tool to understand your health concerns.

Pharmacy Specific Programs
Some pharmacists can prescribe medication for common ailments like pink eye, seasonal allergies and skin rashes, or renew certain prescriptions without having to visit a doctor.

Canadian Shield Health Care
Appointments with our physician are available for a range of medical concerns, including assessment, diagnosis, treatment, and more!

North Bay Indigenous Hub
A wide range of programming services including traditional healing, primary care, health promotion, chronic disease management, family-focused maternal/child health care, mental wellness care, and diabetes care.

Community Care G.A.P. Clinic
Care for individuals without a primary care provider, with a focus on paediatric patients and women in need of mammograms or HPV/PAP screenings.

See Community Care Resources at www.nbrhc.on.ca

Mental Health & Addictions Support

ConnexOntario.ca: Free, confidential information for mental health, substance use, and gambling supports.

24-hour Crisis Line: 1-800-352-1141

9-8-8 Suicide Crisis Helpline: Connect to a crisis responder to get help without judgement.

Pregnancy, Sexual and Reproductive Health

GetaKit.ca: Free STI testing in partnership with public health units.

Sexual Health Clinic (North Bay Parry Sound District Health Unit): Free, confidential services including STI testing, pregnancy options, sexuality information, and low-cost birth control.

Pregnancyinfo.ca: Accurate, credible and up-to-date information and education on topics related to pregnancy.

Medical Abortion Services:

Options Clinic— Health Sciences North

www.phsd.ca

Women's Clinic

Virtual; book online (fee-for service)
womensclinic.ca

DermCafé • www.dermcafe.ca
Virtual dermatology clinic.

Walk-In Clinics

Blue Sky Medical Walk-In
685 Bloem St, 2nd Floor · 705-476-1413
Blue Sky patients only; walk-in

Near North After-Hours Clinic
10 Maplewood Ave
Patients of affiliated providers only; call your own physician's office to book an appointment

Head to Toe Clinic
1950 Algonquin Ave · 705-495-0300 · By appointment only

Phil's Lakeshore Pharmacy
41 Lakeshore Dr · 705-476-4016
Virtual care; walk-in to register

North Bay Medical Care
524 Lakeshore Dr · 705-478-5585 · Virtual walk-in

From Here to There Medical Concierge (Fee-for-Service)
1221 Algonquin Ave · 705-980-0121
Virtual; appointment required

Fee-for-Service Virtual Clinics

Connect with licensed Canadian doctors online and get a diagnosis, medical advice and treatment from your phone, tablet or computer.

Your Doctors Online • www.yourdoctors.online

Rocket Doctor • www.rocketdoctor.ca

Maple • www.getmaple.ca

Nurse Practitioner Services

North East Nurse Practitioner Clinic • nevirtualcare.ca
A Nurse Practitioner-led virtual care clinic that works with local health care providers to ensure patients can access more timely care.
Open 1 to 9 p.m. / 7 days a week.

North Bay Nurse Practitioner-Led Clinic • www.nbnplc.com
Call the clinic for more details.

Prime Health (Fee-for-Service) • www.primehealthnp.ca
In-person appointments scheduled in advance.

Sarah Philbin Virtual After-Hours (Fee-for-Service)
Book an appointment online: www.sarahphilbin.ca
For any questions, please email: np.sphilbin@gmail.com