

7 NUMBERS

EVERY POWELL RIVER RESIDENT NEEDS

HEALTH CARE PROVIDER 1

Your doctor (GP) or nurse practitioner (NP)

Tel # _____

When: Office/clinic hours

Why: Your doctor is your health expert. Call if you have an urgent concern you think needs to be seen. Also, be sure to book an appointment before your prescriptions run out.

PERSONAL HEALTH NUMBER 2

Why: BC residents enrolled with the Medical Services Plan (MSP) have a unique lifetime identifier called a Personal Health Number (PHN). Carry your BC Services Card at all times to have your PHN available when you need health care services.

HOME HEALTH 3

604-485-3310

VCH Powell River Home Health

When: Monday to Friday 8 a.m. - 4:30 p.m.

Why: To find out if you qualify for home support for personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.

What: Trained phone staff will identify your needs and refer you to appropriate services. Some services may be free based on income.

MENTAL HEALTH 4

604-485-3300

VCH Powell River Mental Health

When: Monday to Friday 8:30 a.m. - 4:30 p.m.

Why: If you have concerns for yourself or others about mental illness and dementia, behaviour issues, physical or functional decline, or substance use and are unsure about what to do.

What: Mental Health clinicians will identify your needs, address your concerns and refer you to the appropriate service. A GP or NP referral is required.

PHARMACY 5

Your local pharmacy

Tel # _____

Why: For information and advice about medications and their proper use, monitor adverse effects and drug interactions, assist with refills and help you get the most benefit from your prescribed medications.

HEALTH INFORMATION 6

8-1-1 (HealthLinkBC.ca)

When: 7 days/week, 24 hours/day

Why: If you're feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue.

What: Health advice from a nurse; nutrition information from a dietitian; advice about medication from a pharmacist; advice about physical activity from an exercise professional; where to find health services in your community.

EMERGENCY SERVICES 7

9-1-1

When: 7 days/week, 24 hours/day

Why: Any serious emergency. Ambulance attendants will arrive to assess if you need to be transported to the local emergency department.