



ÉQUIPE SANTÉ ONTARIO
TIMISKAMING
ONTARIO HEALTH TEAM

Health Services for People without a Family Doctor or Nurse Practitioner

Health Services for People without a Family Doctor or Nurse Practitioner



Table of Contents

Primary Care Options	2
Clinical Care	2
Sexual Health	3
Prenatal and Newborn Care	3
Cancer Screening	4
Vaccines	4
Mental Health and Addictions	4
Chronic Disease Management	6
Directories for Local Supports	6
Connect With Us	7

Health Services for People without a Family Doctor or Nurse Practitioner

 For health emergencies, call 911



Primary Care Options

Primary health care supports comprehensive, coordinated, convenient, and person-focused care.

Families with children aged 0 to 5

The Little Monarchs Program offered through Centre de santé communautaire du Témiskaming provides ongoing care for families with children aged 0-5 in English or French.

CSCT New Liskeard - Call: 705-648-1465
or Kirkland Lake - Call: 705-648-1465

Indigenous Community Members

Mino M'shki-ki Indigenous Health Team offers clinical services, Wellness Programs, and Traditional/Cultural Programs

Location: New Liskeard and Kirkland Lake

New Liskeard - Call: 705-647-7855 ext. 3000
or Kirkland Lake - Call: 705-647-7855 ext. 2100
Visit: minomshkiki.ca

Francophone Community Members

Centre de santé communautaire du Témiskaming provides ongoing care in French for all ages.
Visit: www.csctim.on.ca

If you are without a Family Doctor or Nurse Practitioner, register with **Health Care Connect**. Health Care Connect links people without a family health care provider to those accepting new patients in their community.

REGISTER

Call: 811 | Register online: health811.ontario.ca

Clinical Care

Clinical care is what you seek when you have medical issues that require treatment.

Pharmacy Services

Pharmacists can help with many health concerns and can now prescribe for conditions like:

- Infections and skin conditions: pink eye, cold sores, yeast infections, urinary tract infections, dermatitis, diaper rash, and more
- Insect bites, including tick bites
- Allergies and respiratory issues
- Digestive and stomach concerns

Pharmacists can also renew prescriptions for most medications, such as blood pressure, diabetes and asthma medications.

North East Virtual Care Clinic:

The Northeast Virtual Care clinic is for those without Primary Care Providers or those who have limited access to their Primary Care Provider.

Book a same-day or next-day virtual appointment with a Nurse Practitioner.

Call: 1-888-684-1999

Visit: <https://www.nevirtualcare.ca/>

Clinical Care (Continued)

Health811

Health 811 is a free, secure, and confidential service that anyone living in Ontario can access 24/7 to receive health advice from a registered nurse.

Call: 811 (TTY: 1-866-797-0007)

Visit: [Ontario.ca/health811](https://ontario.ca/health811)

Tia Health

Tia Health is an option for free non-urgent primary care needs in Ontario. Online appointments are available with a network of health care providers, including Nurse Practitioners.

Visit: tiahealth.com

Sexual Health

Sexual health care supports your well-being through education, prevention, testing, and treatment related to sex and reproduction.

Sexual Health Clinic

Northeastern Public Health offers information on birth control, sexually transmitted infection treatment and testing, anonymous HIV testing, emergency contraception (Plan B), affordable contraception, pregnancy testing and counselling, pregnancy termination counselling, pap tests, and healthy relationship support.

Call: 1-877-442-1212

Visit: www.timiskaminghu.com/427/Sexual-Health-Clinic

Prenatal and Newborn Care

Prenatal and newborn care is care for people who are pregnant or caring for newborns.

If you are pregnant and do not have a Family Doctor or Nurse Practitioner, you can self-refer for pregnancy care; more information is available at www.temiskaming-hospital.com/labour-delivery.

You can also self-refer to Temiskaming Midwives by calling 705-647-6664. Midwives can support you from pregnancy to six weeks post-partum.

Healthy Babies, Healthy Children

This service offers parenting and pregnancy support, well baby visits for children up to 6 years old to review development and vaccines, breastfeeding assessment and support, and postpartum wellness. Healthy Babies, Healthy Children also offers blended home visiting supports and accepts self-referrals.

Call: 1-877-442-1212

Visit: www.timiskaminghu.com/90586/online-appointment-booking

Cancer Screening

Cancer screening is testing offered to people who meet specific criteria to detect cancer early.

Cervical Cancer Screening

Northeastern Public Health offers cervical cancer screening.

Call: 1-877-442-1212

Breast Cancer Screening (Ontario Breast Screening Program – OBSP)

If you are 40–74 years old, you can self-refer by calling the following locations:

- Temiskaming Hospital – Call: 705-647-1088 ext. 2129
- Blanche River Health Kirkland and District Hospital – Call: 705-567-5251 ext. 3242

Colon Cancer Screening

If you are 50–74 years old, you can call 811 (TTY 1-866- 797- 007) to have a fecal immunochemical test (FIT) mailed to you.

If you have questions about cancer screening, including which tests you may be eligible for, you can call the North East Regional Cancer Program at 1-877-228-1822.

You can also visit **CancerIQ** to learn more about cancer screening: www.mycanceriq.ca

Vaccines

Vaccines give your body protection against specific diseases such as the flu, measles, and chickenpox. Some vaccines are required for workplaces, schools, and travel.

If you are without a Family Doctor or Nurse Practitioner, most vaccines are available at local pharmacies and at Northeastern Public Health.

If you have questions about vaccines for your children or during your pregnancy, you can book a consultation with a health care provider in a judgement-free, safe space. Visit: www.sickkids.ca/en/care-services/support-services/immunization-infoline/

Mental Health and Addictions

Mental health is our emotional, psychological, and social well-being. Addiction is the engagement of a substance or behaviour that can have negative consequences, such as alcohol or gambling.

Walk-in/Call-in Mental Health and Addiction Service

Canadian Mental Health Association (CMHA) Cochrane-Timiskaming branch locations in Kirkland Lake and New Liskeard offer a Walk-in/Call-in Mental Health and Addiction Service from Monday to Friday, 8:30am – 4:30pm (closed 12:00–1:00). No appointment or referral necessary. Simply walk-in or call-in and speak to an Addiction and Mental Health Worker immediately.

- Kirkland Lake – Call: 705-567-9596
- New Liskeard – Call: 705-647-4444

Mental Health and Addictions (Continued)

Rapid Access Addiction Medicine Clinic (RAAM)

CMHA Cochrane-Timiskaming offers a rapid access addiction medicine clinic (RAAM) where people can access help for a substance dependence or disorder with or without a referral. The clinic offers assessments, counselling, and when appropriate prescription medications for lessening withdrawal symptoms. RAAM will also assist individuals in navigating access to community and recovery supports.

Kirkland Lake - Call: 705-567-9596
New Liskeard - Call: 705-647-4444

Kids Help Phone

You can text 686868 to get support right away or call 1-800-668-6868 to speak with a counsellor.

Learn more about services or access an online chat at www.kidshelpphone.ca

ConnexOntario

Information and referral service that focuses on mental health, addiction and problem gambling services. They offer support via phone, web-chat and email 24/7. Their staff offer supportive listening to help discover the resources needed.

Call: 1-866-531-2600
Visit: www.connexontario.ca

Suicide Crisis Helpline

Call or text 988 for support. 988 is a safe space to talk 24 hours a day, every day of the year.

Visit: www.988.ca

Ontario Psychotherapy program

If you're aged 18+ you can now self-refer to access free support with the Ontario Structured Psychotherapy Program (OSP).

Visit: <https://neosp.ca/>

TelemedMD

This service offers support with Mental Health and Substance Use.

Visit: telemedmd.ca/substance-use-care

National Overdose Response Service (NORS)

You can call NORS if you are thinking of using alone. NORS provides virtual safe consumption support that is free and confidential. NORS also has virtual health services available, peer support services, traditional healing resources, and legal assistance. Relatives and friends of those that use substances can also contact NORS for supports and resources.

Call: 1-888-688-6677
Visit: <https://www.nors.ca/>

CMHA Cochrane-Timiskaming also offers many **services to support those who may not have a Family Doctor or Nurse Practitioner**. You can find out more information on eligibility by calling CMHA Cochrane-Timiskaming in New Liskeard: 705-647-4444, or Kirkland Lake: 705-567-9596.
Visit: cmhact.ca/programs-services/

Chronic Disease Management

Examples of chronic diseases include diabetes, chronic obstructive pulmonary disease (COPD), and heart failure.

Telemed MD

This service offers virtual support with chronic disease management.

Visit: telemedmd.ca/home

Timiskaming Diabetes Education Program

A team of Certified Diabetes Educators, Registered Dietitians and Registered Nurses that provide diabetes education and support for adults living with diabetes. Services are available by telephone or in-person Monday to Friday 8 am to 4 pm. No referral required.

Locations:

Kirkland Lake Site – 145 Government Road East. Call: 705-568-2134

New Liskeard Site – 280 Armstrong Street North. Call: 705-647-8722

Unlock Food

A bilingual website that offers information from Dietitians of Canada. You can connect with a dietitian and find information on nutrition and food. Some of their website content includes, but is not limited to, diabetes prevention and management, digestive concerns and heart healthy eating. It also contains resources on eating on a budget, cooking, shopping and menu planning.

Call: 1-866-797-0000

Visit: www.unlockfood.ca

Directories for Local Supports

These directories have more information about local social services and other community programs.

211 Ontario

Social Services and Community Supports A helpline to connect people to non-emergency social services, programs and community supports.

Call: 211

Visit: 211north.ca

Older Adults Resource Guide for Timiskaming (211 Timiskaming)

A directory of social services and community supports tailored to older adults in Timiskaming

Visit: timiskaming.211north.ca/

Timiskaming OHT Directory

An interactive platform for finding local health services in Timiskaming and area.

Visit: timiskamingoht.ca/find-services/



ÉQUIPE SANTÉ ONTARIO
TIMISKAMING
ONTARIO HEALTH TEAM

Connect With Us!



timiskamingoht@blancheriverhealth.ca



timiskamingoht.ca

Follow us!  



Timiskaming Ontario Health Team /
Équipe Santé Ontario Timiskaming