

# Use your ER wisely

Choose the right care at the right place

Health concern?

Call your family doctor or nurse practitioner

Family doctor not available?

Check [medimap.ca](http://medimap.ca) for walk-in clinic wait times

Trusted health advice?

Call HealthLinkBC at 8-1-1, available 24/7

Mental health concern?

Call the VCH Crisis Line at 604-675-3700

Urgent medication refill?

Speak with your pharmacist

Critical or life threatening condition?

Call 9-1-1 or go to the nearest emergency room

Vancouver  
CoastalHealth

North Shore  
Division of Family Practice  
A GPSC initiative