

# Non-Emergency Medical Assistance

## If you need non-emergency medical assistance, you have many options:

1. Contact your **primary care provider** (family doctor or nurse practitioner).
2. Visit [Health Connect Ontario](#) - 24 hours a day, seven days a week to get health advice, help navigate health services and find information.
3. Visit one of the [Local Walk-In Clinics](#) in our communities. [Great Lakes Walk-In Clinic Belleville](#) has an on-site physician available Mon-Fri. 9:30am to 4pm.
4. If you have an urgent medication refill, speak with your **pharmacist**. They can often provide short-term refills and other advice.
5. Visit a [Local Pharmacy](#) to receive prescriptions for 13 common ailments, at no cost to you:
  - hay fever (allergic rhinitis)
  - oral thrush (candidal stomatitis)
  - pink eye (conjunctivitis; bacterial, allergic and viral)
  - dermatitis (atopic, eczema, allergic and contact)
  - menstrual cramps (dysmenorrhea)
  - acid reflux (gastroesophageal reflux disease - GERD)
  - hemorrhoids
  - cold sores (herpes labialis)
  - impetigo
  - insect bites and hives
  - tick bites (post-exposure prophylaxis to prevent Lyme disease)
  - sprains and strains (musculoskeletal)
  - urinary tract infections (UTIs)
6. If you are experiencing a **mental health crisis** and require emergency intervention, contact the [Crisis Intervention Centre](#).
7. If you don't have a family doctor and would like to register for one - [Health Care Connect](#).
8. For community supports and social services, call 2-1-1 or visit [211ontario.ca](#).