

Know Your Healthcare Options

If you require emergency care, please call 911 or go to your nearest Emergency Department.

Our Emergency Departments are always here for you if you are experiencing a medical emergency. If your condition is not a medical emergency, there are other healthcare options available that may get you the care you need more quickly.



Contact Health Connect Ontario

To check symptoms, get health advice, find a health service or learn more about medical terms and conditions, go to healthconnectontario.health.gov.on.ca, call 811, or dial 1-866-797-0000 for 24-hour access to a healthcare professional.



Visit Your Doctor or a Walk-in Clinic

Contact your doctor or go to a local walk-in clinic. Go to mississaugahaltonhealthline.ca to locate health services in your community.



Schedule an Appointment with a COVID, Cough, Cold or Flu Clinic

Visit care-clinics.ca to schedule an appointment at a COVID, Cold and Flu Care Clinic in your community.



Speak to a Pharmacist

Speak to your pharmacist if you have questions about cold, flu or other seasonal illness and options to relieve symptoms.



Connect with Mental Health Crisis Services

- **COAST: Crisis Outreach and Support Team**
For Halton Region residents 16 years of age and older: 1-877-825-9011
- **ROCK: Reach Out Centre for Kids**
Assessment & treatment of children, adolescents and families: 905-878-9785
- **SAVIS: Sexual Assault & Violence**
Intervention Service & Support for Survivors of Violence: 905-875-1555
- **Distress Centre Halton** – To better cope with crisis, loneliness and emotional stress.

Oakville
905-849-4541

North Halton
905-877-1211

Burlington
905-681-1488

Hamilton
905-561-5800

For more information about your healthcare options visit our website at www.haltonhealthcare.com or scan the QR Code.

