



Services for people without a Family Doctor or Nurse Practitioner

Online (Virtual) Clinics:

- Telehealth Ontario is a free, confidential telephone service at 1-866-797-0000
- North East Virtual Care (NP virtual care clinic) www.nevirtualcare.ca or 1-888-684-1999

Walk-In Clinics:

- **South River Guardian Pharmacy**
Location: 311 Highway 124, South River
Phone: 705-386-0636
- **Almaguin Health & Wellness Centre** (Not OHIP covered)
Location: 10353 Hwy 124, Sundridge, ON P0A 1Z0
Phone: 705-384-2013
Website: www.almaguinwellness.com

Pharmacies: Pharmacists can prescribe certain medications to treat the following common ailments:

- Acid reflux (gastroesophageal reflux disease (GERD))
- Acne
- Canker sores
- Cold sores (herpes labialis)
- Dermatitis (atopic, eczema, allergic and contact)
- Diaper rash
- Hay fever (allergic rhinitis)
- Hemorrhoids
- Impetigo
- Insect bites and hives
- Menstrual cramps (dysmenorrhea)
- Nausea and vomiting in pregnancy
- Oral thrush (candidal stomatitis)

- Parasitic worms (pinworms and threadworms)
- Pink eye (conjunctivitis; bacterial, allergic and viral)
- Sprains and strains (musculoskeletal)
- Tick bites (post-exposure prophylaxis to prevent Lyme disease)
- Urinary tract infections (UTIs)
- Yeast infections

Ontarians seeking care should visit their local pharmacist and bring their health card. As prescribing is optional, anyone with symptoms should contact their local pharmacist to confirm whether they prescribe for certain common ailments before visiting.

North:

- [Head to Toe Clinic](#)
Address: 1950 Algonquin Ave, Room 305/306, North Bay, ON (Guardian Drug Building)
Hours: Tuesday, Wednesday, and Thursday
Phone: (705) 495-0300
Note: They book all appointments, please call to pre-book.
- [Phil's Lakeshore Pharmasave- Telemedicine \(OTN\)](#)
Address: 41 Lakeshore Dr., North Bay, ON P1A 2A1
Hours: Mon-Fri 9am - 4pm
Phone: (705) 476-4016
Note: Go to the pharmacy directly with your Health Card and see the clerk to book. You will get an email to confirm an appointment for a video conference.

South:

- [The Huntsville Health Care Clinic "The Annex"](#) (must have a Huntsville address)
Address: 20 Park Drive, Huntsville
Phone: 705-789-1744 X 204 to book an appointment
- [South Muskoka Medical Centre & Walk-In Clinic](#)
Address: 230 Manitoba St, Bracebridge ON P1L 2E1
Hours: Mon 9am - 8pm, Tuesday to Friday 9am - 4pm, Sat and Sun - call for hours
Phone: (705) 646-7634

- **Bracebridge Medical Centre and Walk-In Clinic**
Address: Hwy 118 West 55 Muskoka Road, Bracebridge, ON
Hours: Mon - Thurs: 8:30am - 1pm
Phone: (705) 645-1027
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Emergency Services

- **North Bay Regional Health Centre (Emergency Room)**
Address: 50 College Drive, North Bay, ON P1B 0A4
Phone: (705) 474-8600
Website: <https://nbrhc.on.ca/patients-visitors/care-providers/community-resources/>
 - **Huntsville District Memorial Hospital (Emergency Room)**
Address: 100 Frank Miller Dr, Huntsville, ON P1H 1H7
Phone: (705) 789-2311
Website: <https://www.mahc.ca/en/services/where-to-get-care-muskoka.aspx>
 - **West Parry Sound Hospital (Emergency Room)**
Address: 6 Albert St, Parry Sound, ON P2A 3A4
Phone: (705) 746-4540
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Mental Health Services

- **CMHA Crisis Line** – 1-800-461-5424
 - **MiND-AID** - 844.646.MINDAID x3243 or navigator@mindaidsuskoka.com - navigators provide mental health help for young people in Muskoka.
 - **RAAM (Rapid Access Addiction Medicine)** - 705-645-2262 to request a virtual or in-person appointment.
 - **ConnexOntario** - 1-866-531-2600 - provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness, or gambling.
 - **Canadian Mental Health Association** - 705-384-5392 or 1-866-829-7050 - Sundridge Office, located at 87 Main Street.
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Public Health

Public Health provides many services, including immunizations, and help to quit smoking.

- **North Bay & District Health Unit**

Address: 345 Oak Street West, North Bay ON P1B 2T2

Phone: 705-474-1400

Toll Free: 1-800-563-2808

Website: www.myhealthunit.ca

Hours: 8:30am - 4:30pm Monday to Friday

- **Sexual Health Clinic**

Phone: 705-474-1400 (appointments available by calling to book)

- **Parry Sound Health Unit**

Address: Shoppers Drug Mart Building 90 Bowes St, Unit 201 Parry Sound, ON P2A 2L7

Phone: (705) 746-5801

Website: www.myhealthunit.ca

Hours: 8:30am - 4:30pm Monday to Friday

- **Simcoe Muskoka District Health Unit**

Address: 34 Chaffey St, Huntsville, ON P1H 1K1

Phone: 705-789-8813

- **Health Connection**

Phone: 705-721-7520 or 1-888-225-785 (for after-hours emergencies)

Hours: Mon-Fri 8:30am-12:30pm, 1:30pm-4:30pm