

WHERE TO GO IF YOU FEEL UNWELL.



Family Doctor



If you or a family member are unwell, please call your **Family Doctor**.

If you do not have a doctor or your doctor is unavailable, please try one of the options below.

Pharmacy



Many symptoms can be controlled with over the counter medication. Your pharmacist is able to help you.

Don't forget to **renew your prescriptions** before the holiday season.

Health Connect Ontario



To speak with a **registered nurse**, call **811** or **1-866-797-0000**.

Mental health or crisis services



For persons 18 years or older, please call the 24/7 Crisis Support Peel Dufferin at 905-278-9036 or 1-888-811-2222.

For persons under the age of 18 please call Dufferin Child and Family Services at 519-941-1530 for 24/7 support.

For more information on the community and mental health care support services, please visit hillsofheadwaterscollaborative.ca.

Walk-in clinics



Alliston Walk-in Clinic
30 Dunham Dr.,
Alliston
705-434-2141

Bolton Walk-In Clinic
105-170 McEwan Dr. E.,
Bolton
905-857-3260

Central Bolton Walk-In Clinic
15 Allan Dr., Unit 9,
Bolton
905-951-1234

Dayspring Medical Centre
56 Queen St. E.,
Bolton
Call to book same-day
appointment
905-857-9797

5th Ave Walk-In Clinic
50 Rolling Hills Dr., Unit 5,
Orangeville
519-942-0040

Chafford-200 Medical Center
195 Broadway Ave.,
Orangeville
519-940-0333

Headwaters Walk-In Clinic
170 Lakeview Ct., Unit 2,
Orangeville
519-307-1201

Orangeville Urgent Care Family Practice
33a Broadway Ave.,
Orangeville
519-938-9997

Dufferin – Caledon COVID-19 Cold and Flu Clinic



For coughs, colds, persistent fevers, flu or COVID-19 symptoms.

50 Rolling Hills Dr., Suite 5, Orangeville
1-888-530-1319 or online at care-clinics.ca
to book an appointment

Virtual Urgent Care – William Osler Health System



For non-life-threatening illnesses or injuries including:

- Cuts, sprains, head injuries
- New abdominal pain, nausea, vomiting
- Cough, nasal congestion, cold symptoms or questions about COVID-19 symptoms

Online booking only:

<https://forms.williamoslerhs.ca/>

Book-a-Virtual-Urgent-Care-Appointment

Urgent Care Centre – William Osler Health System



Peel Memorial, 20 Lynch St., Brampton
Open 24/7, no appointment necessary

For immediate but non-life-threatening illnesses or injuries including:

- Sprains, strains or broken bones
- Asthma attacks, minor burns, cuts that might need stitches
- Fevers (in infants older than three months), coughs, colds, infections and nose/throat complaints

Emergency Department – Headwaters Health Care Centre



100 Rolling Hills Dr., Orangeville
Open 24 hours a day, every day

For immediate life-threatening conditions or injuries such as:

- Chest pain or abdominal pain
- Shortness of breath
- Internal bleeding
- Numbness or weakness in arms or hands
- Major trauma
- Mental health concerns
- Infants less than 3 months old with a fever
- Pregnancy-related emergencies
- Seizures or stroke symptoms

CALL 911 for immediate life-threatening conditions or injuries

