

# 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](https://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](https://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**

