**Finding a Physician:**

* Use online Doctor Search service of **The BC College of Physicians and Surgeons**
* Phone the BC College of Physicians and Surgeons: (604) 733-7758

**Community Clinics:**

Clinic for refugees and immigrants

**Bridge Community Health Clinic** at Raven Song Community Health Centre, Ontario and 8th St, (604) 709-6540

Some Vancouver Inner City Clinics :

**Three Bridges Community Health** (604) 633 -4220

**Pender Community Health** (604) 669 – 9181

**Vancouver Native Health** (604) 255 – 9766

Victoria:

**Pandora Clinic** (250) 294 – 6714

**MSP (CareCard) and PharmaCare:**

* <http://www.health.gov.bc.ca/msp/>
* <http://www.health.gov.bc.ca/msp/infoben/premium.html#regular>
* Vancouver: 604 683-7151
* Other: (Toll-free) 1 800 663-7100

**For questions about PharmaCare,** Customer Service Representatives are available:

* Monday to Friday, 8:00 a.m. to 8:00 p.m. (except statutory holidays)
* Saturday 8:00 a.m. to 4:00 p.m. (except statutory holidays)

**For questions about the Medical Services Plan (MSP),** Customer Service Representatives are available:

* Monday to Friday, 8:00 a.m. to 4:30 p.m. (except statutory holidays)

**For questions about your symptoms:**

**Call 8-1-1** to speak with a nurse any time of the day or night. You can also speak with a dietician on weekdays about nutrition and healthy eating. Pharmacists are available at night to answer medication questions.

**Checklist of Questions when leaving an appointment:**

* Do I understand what’s wrong?
* Do I know how to follow my treatment?
	+ How many days?
	+ How many pills per day?
	+ Do I need to go to a pharmacy right now?
	+ Do I need to go to the lab for blood work right now?
* Do I need to come back? If so, When?
	+ Who do I make a follow-up appointment with?
* Did I write down the information I was given?

**Common Symptoms:**



**BC Bus Pass Program**

* You will need to check to see if you are eligible first for this program.
* Provides an annual bus pass for $45/year (within a calendar year, ends on December 31 of each year) and need to reapply.

Website: <http://www.mhr.gov.bc.ca/programs/other.htm>

Phone: 1-866-866-0800 press extension 4, then press extension 3

Phone service is available Monday – Friday between 9:00am – 4:00pm. Please note that peak call volume occurs between 11:00am – 2:00pm each day.

**Child Care Subsidy**

* You will need to check to see if youa re eligible for this program

Website: <http://www.mcf.gov.bc.ca/childcare/application.htm>

Phone: 1 888 338-6622

**Mental Health and Substance Abuse Resources:**

HeretoHelp - a project by BC Partners for Mental Health and Addictions information: <http://www.heretohelp.bc.ca/>

Phone: 310-6789 (no area code required)