

Where do I go when...?

Keep this card. Free help, any time.



911

Emergency: chest pain, stroke, can't breathe

811

Not sure? Talk to a nurse. Find a doctor

9-8-8

Suicide or mental health crisis. Call or text

2-1-1

Housing, food, benefits, local help

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Refugee health (IFHP)	1-888-614-1880
Home care (Ontario Health atHome)	1-833-515-1234
Kids Help Phone	1-800-668-6868
Patient Ombudsman (complaints)	1-888-321-0339
Ask your pharmacist about 28 common problems	free



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Emergencies are never refused, with or without a health card.

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