

COMMUNITY UPDATE

INTERLAKE-EASTERN REGIONAL HEALTH AUTHORITY



KNOW WHERE TO GO THIS SUMMER?

During our brief summer season, people across our region are on-the-go, making the most of the sunshine and warm temperatures.

This issue of the Interlake-Eastern RHA's Community Update will provide you with all you need to know to locate the health care you need this summer. Whether you're at home or vacationing across our beautiful beaches, lakes and forests, this guide will help you to find the care you need, when you need it.

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Eastern Home Clinics Now Accepting New Patients

Are you or someone you know looking for primary health care closer to home? The Interlake-Eastern RHA's Home Clinics in Whitemouth, Lac du Bonnet, Pinawa and Beausejour are now accepting new patients of all ages. In addition to physicians and nurse practitioners, many of these clinics also provide access to a team of many other health care professionals including: chronic disease nurses, dietitians, wellness facilitators, and mental health workers. To make an appointment and/or register to become a patient at one of these clinics, please call directly at one of the contact numbers below:

LOCATION	CLINIC	ADDRESS	CONTACT
BEAUSEJOUR	HEW Primary Health Care Centre	31 – 1 st Street, South Beausejour	204-268-2288
LAC du BONNET	Lac du Bonnet Primary Health Care Centre	89 McIntosh, Lac du Bonnet	204-345-8173
PINAWA	Pinawa Primary Health Care Centre	30 Vanier Drive, Pinawa	204-753-2351
PINE FALLS	Pine Falls Primary Health Care Complex	37 Maple Street, Pine Falls	204-367-2278
WHITEMOUTH	Whitemouth Primary Health Care Centre	75 Hospital Street, Whitemouth	204-348-2291

For a full listing of clinics across the region, visit our website at www.ierha.ca and click on the "Care in Your Community" tab or simply click [HERE](#)



Looking for a Doctor? Family Doctor Finder Can Help!

There is an easy way for you and your family to find a family doctor or nurse practitioner with Manitoba's Family Doctor Finder program.

Simply call or register online and the Family Doctor Finder will help connect you with a health-care professional in your area that best meets your needs. For more information or to register with the Family Doctor Finder:

Phone: Toll-free: 1-866-690-8260 or 204-786-7111 (in Winnipeg)

Online: www.manitoba.ca/familydoctorfinder

Looking for Care in Cottage Country? Call Mobile Clinic!



Reliable access to primary care is available in Interlake-Eastern RHA communities through a mobile clinic that travels to the communities of: **Seymourville, Gypsumville, Grand Marais and Prawda**

Who can access services? Seniors, adults, families and children are all welcome to make an appointment at the clinic for care. Residents of surrounding communities are encouraged to visit the clinic in the community nearest them if they are looking for primary care. A registered primary health care nurse and a nurse practitioner staff the mobile clinic and provide the following services:

- regular check ups and physicals
- help with managing a chronic disease or condition
- health promotion, encouraging healthy behaviors and education
- referrals to other health services and specialists
- treatment for minor ailments
- prescribe medications
- some lab services
- vaccinations

How do I make an appointment? Please phone **toll free: 1-855-295-8296 or 1-204-785-9761** to schedule an appointment. Please note that the mobile clinic is closed on all statutory holidays and the schedule is subject to change.

Mobile Clinic Schedule

TUESDAYS	Seymourville	Seymourville Community Hall	10:30 a.m. – 3:45 p.m.
WEDNESDAYS	Gypsumville	Gypsumville Memorial Hall	11:15 a.m. - 3:00 p.m.
THURSDAYS	Grand Marais	Community Central - 36058 Hwy. 12	9:00 a.m. - 4:45 p.m.
FRIDAYS	Prawda	Reynolds Community Club	9:45 a.m. - 4:30 p.m.

Emergency Department Status Now Available Online and By Phone

Residents of Interlake-Eastern RHA, as well as travellers, now have two ways to determine the status of the region's emergency departments. Schedules identifying physician availability are posted online at www.ierha.ca. Click on the banner at the top of the page that says "Know where to go" or navigate to the page by clicking on the tab "Care in Your Hospital", and "Emergency Department Schedules".

To hear a recorded message regarding the status of emergency departments in the region, call toll-free 1-866-267-5818 and press the number for the community of relevance to you:	
For Arborg, press 1	For Pinawa, press 6
For Ashern, press 2	For Pine Falls, press 7
For Beausejour, press 3	For Selkirk, press 8
For Eriksdale, press 4	For Stonewall, press 9
For Gimli, press 5	Emergency department services are temporarily suspended in Teulon.

To view our regularly updated Emergency Department availability schedule, visit the Interlake-Eastern RHA website at: <https://www.ierha.ca/default.aspx?cid=17136&lang=1>

No Doctor Available in Your Emergency Department?

What should you do if there is no doctor attending at your emergency department?

We continue to recruit doctors to our region, however, services in some emergency departments may be temporarily unavailable if a doctor is not onsite. **Here's what you can do...**



See an Emergency Department Nurse: Nurses are available in emergency departments to assess your condition and to identify your care options.

If you come to an emergency department on suspended service, please come inside and speak to a nurse.

When an emergency occurs always dial 911 or your local 10 digit number. Paramedics will care for you and transport you to the care providers you require. Visit www.ierha.ca "Care in Your Community" / Ambulance/EMS numbers for a listing of 10-digit numbers.



NEED HELP?

A GUIDE FOR WHERE TO GO AND WHEN

WHEN EMERGENCY OCCURS, ALWAYS CALL 911 OR YOUR LOCAL 10 DIGIT NUMBER. Only attend emergency departments for urgent care. Otherwise, the following options are available to you:

NEED HELP WITH...	HEALTH CARE SERVICES AVAILABLE AT:
Questions?	Phone 1-888-315-9257 , Health Links – Info Santé: Registered nurses are available to answer your non-urgent health care questions 24 hours a day. It doesn't hurt to ask.
Non-urgent minor ailments	Make an appointment with your regular health care provider. Visit www.ierha.ca for a list of walk-in clinics.
Accessing a Health Care Provider	Make an appointment with your regular health care provider. Visit www.ierha.ca for a list of walk-in clinics. Make an appointment at Selkirk QuickCare Clinic for same day or next day care by phoning 204-482-4399 .
Prescription refills	Visit your local pharmacy for prescription refills and advice about your medications and non-prescription or over-the-counter medications.
Mental health or psycho-social crisis <ul style="list-style-type: none">• Stress, anxiety or suicidal thoughts• Mental health concerns about a family member• Mental health resource information	24-hour crisis mental health support call toll-free 1-866-427-8628 .
Guidance and support on topics such as: <ul style="list-style-type: none">• Prenatal & postpartum care, breastfeeding and infant nutrition• Healthy child development, routine immunizations• Sexual health counselling• Testing for sexually transmitted infections	Make an appointment at your public health office or call 1-855-347-8500 for the number of the office closest to you.

Teen Clinics - Youth Centered Health Care



Our region has three Teen Clinics to address the unique questions and health concerns that today's teens have. The main goal of our Teen Clinics is to create health awareness without stigma for any health issue of concern to our youth. Information and advice provided at Teen Clinics is intended to be inspiring and educational. All clinics are drop-in for youth aged 12 to 25. No appointment is necessary. Services are free and confidential.

Oakbank Teen Clinic

689 Main Street, Kin Place Primary Health Care Centre,
Wednesdays 11 a.m. - 4 p.m
P:204-444-6131

Selkirk Teen Clinic

Selkirk Public Health Office (as of Sept 21)
1st floor – 237 Manitoba Ave.
Thursdays 12-6pm
204-785-7500
*NEW Selkirk hours and location, [click here](#) for more information.

Beausejour Teen Clinic

HEW Primary Health Care Building
31-1st Street, Beausejour, MB
P: 204.268.2288 (Thursday)
P: 204-268-7468 (rest of the week)
Thursdays 11 a.m. - 4:30 p.m.

At the teen clinic you'll find:

- a nurse practitioner
- a public health nurse
- clerical support
- volunteers

Some things you can get at a Teen Clinic:

- a PAP exam
- information on reproductive health
- prescriptions/refills for birth control (pills, Depo needle)
- sexually transmitted infection testing
- health information on topics such as addictions, mild infections, abusive relationships, healthy eating
- Childhood Immunizations
- Pregnancy testing and counselling
- Plan B pill
- Referrals to mental health and other specialists
- A safe place to talk about mental health issues, pregnancy, relationships, or whatever else is on your mind!

Is It Confidential? YES! Teen Clinic services are confidential. The only people that will know you use Teen Clinic are the health care providers. You will have a chart at the Teen Clinic that is available only to Teen Clinic staff, who are responsible for your care.

One exception to the confidentiality policy: When an individual is at risk of harm or abuse by themselves or someone else and requires protection

Visit Teen Clinics on Facebook at [Interlak-Eastern Teen Clinic](#) and NEW! on instagram at [interlake.eastern.teen.clinic](#). The language, images and information are fun, informative and geared to youth



QuickCare Clinic is located at:

Selkirk Crossing (across from Boston Pizza) #3-1020 Manitoba Avenue

Hours

Mon. - Fri.: 10 a.m. to 8 p.m. **Weekends:** 10 a.m. to 5 p.m. **Holidays:** 10 a.m. to 5 p.m.

Call 204-482-4399 for non-urgent health care needs

Selkirk's Quick Care clinic is staffed with nurse practitioners and primary care nurses who can help you with episodic* care for health issues such as:

- rashes, eczema, infected cuts or minor sores
- sore throats, earaches, colds and flu, coughs, hay fever
- sore eyes, eye redness or infection
- stress or anxiety
- minor stomach aches, diarrhea, vomiting or indigestion
- urinary tract infections
- headaches, back or neck pain
- breast health concerns
- birth control

* **Episodic health issues** treated by Quick Care clinics are non-urgent and do not require long-term health care management. If your health condition is chronic, requires longer-term care or specialized care, you may be referred to a more appropriate health care provider or your family doctor.

Phones are answered at 9:30 a.m. Please be patient and continue to call back if you would like to make an appointment. Making an appointment by phone is the best way to ensure you will be seen in the clinic in a timely manner. Walk in appointments may be available during low volume times but are NOT guaranteed.

When you visit the clinic, please be ready to present your Manitoba Health card before your appointment.

Want to Influence Health Care in Your Region?



Do you have thoughts to share about how health care can be improved in your part of the region? The Interlake-Eastern Local Health Involvement Groups (LHIGs) are looking to recruit volunteers who are passionate about health care. If that sounds like you, apply to become part a LHIG near your community and have your say! Deadline for applications is June 29th.

To learn more about our regional LHIGs and what they do, visit the Interlake-Eastern RHA website at:

About Us/ Community Involvement / Local Health Involvement Groups

Or just click [HERE](#) for more information.