WILDFIRE SUPPORT

ACCESSING HEALTH CARE SERVICES
Portage la Prairie

Southern Health Santé Sud

HEALTH LINKS INFO SANTÉ

Toll Free 1 888 315 9257

NEED SAME-DAY TREATMENT

Portage Clinic
140-9th St SW, Portage la Prairie
Phone: **204-857-5905**
Hours: Monday-Thursday 9 am - 8 pm
Friday 9 am - 7 pm
Saturday & Sunday 11 am - 4 pm

Walk-ins are accommodated

or scan the code to access Q-Doc (virtual physician consultation)

MENTAL HEALTH & ADDICTIONS

- **1 888 617 7715** (Crisis Line)
- **1 877 435 7170** (MB Suicide Line)
- **204 239 8800** (Rapid Access to Addictions Medicine)
- Access **1888-310-4593**
- Walk-in Counselling
  524-5th St. SE, Portage la Prairie
  Wednesdays from 9 am - 3 pm

URGENT MEDICATION REFILL NEEDED?

Acces local pharmacies in Portage la Prairie, scan this code:

CRITICAL INJURY OR LIFE-THREATENING CONDITION?

Call **911** or go to the Portage District General Hospital
Emergency Department
524-5th St SE, Portage la Prairie

Access wildfire updates and more resources - scan this code

Accessing Health Care Services - Portage la Prairie

Portage Clinic

Location: 140-9th St SW, Portage la Prairie

Phone: **204-857-5905**
Hours: Monday-Thursday 9 am -8 pm
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(excluding Statutory holidays) to address non life-threatening health concerns, such as the following:

- breathing difficulties, such as mild to moderate asthma
- cuts
- diagnostic services
- eye irritation and redness
- falls
- fever or flu
- minor broken bones and fractures in fingers or toes
- moderate back problems
- severe sore throat or cough
- skin rashes and infections
- sprains and strains
- urinary tract infections
- vomiting, diarrhea, or dehydration

or scan the code to access Q-Doc (virtual physician consultation)

Portage District General Hospital

Location: 524-5th St SE, Portage la Prairie

Patients with potentially life-threatening conditions should immediately phone 911 or go to an Emergency Department. Examples include:

- accidents
- stroke/facial weakness/extremity weakness
- heart attack/chest pain or tightness
- unable to wake/unconscious
- sudden onset of severe headache or confusion
- seizure and/or severe head injury
- major assault such as stabbings or shootings
- severe difficulty breathing or speaking
- uncontrolled or severe bleeding
- major trauma such as loss of limb
- severe allergic reaction
- severe burns

Emergency Departments

Scan the QR code to access the Southern Health-Santé Sud schedule for Health Centre Emergency Departments.

Mental Health & Addictions

- If you or someone you care about is experiencing a mental health crisis, call Crisis Services at 1-888-617-7715 or Manitoba Suicide Line at 1-877-435-7170. If the situation is life-threatening, call 911 or visit an emergency department (see above).
- If you or a loved one is living with mental illness, call 1-888-310-4593 to access Mental Health & Addictions (counselling, education, referrals).
- Walk-in Counseling
  524-5th St SE, Portage la Prairie
  Wednesdays from 9 am - 3 pm
- For substance use concerns, call 204-239-8800 to access the Rapid Access to Addictions Medicine (RAAM) Clinic in Portage la Prairie, a walk-in clinic for adults (age 18+) looking to get help with high-risk substance use and addiction. No referral is needed. Open Monday to Friday 8:30am-4:30pm.
- For more information on other mental health services, visit www.southernhealth.ca

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