

Accessing Health Care Services - Carman & area

Clinic/Doctor

Your primary care clinic is your medical home where most of your health issues can and should be addressed.

You should always try to seek care for non-emergency issues with your health care provider. Same-day appointments and/or walk-ins may be available during regular business hours. Virtual visits may be an option.

Options to access local primary care:

- Carman Community Health Centre: 204-745-3565
- Carman Medical Group: 204-745-2024

Speak with your pharmacist for any non-urgent matters and your medication refill needs.

If you are unsure about where to access services, call Health Links-Info Santé

1-888-315-9257

Urgent Care

(during temporary suspension at Carman Memorial Hospital, due to upgrades)

- **Medical Clinic – Carman Community Health Centre**
Call ahead: 204-745-3565
After Hours: Mon.-Fri. – 5:00pm-8:00pm
Saturday – 10:00am-4:00pm
Sunday – 10:00am-2:00pm

- **Boundary Trails Health Centre – 24/7**
- **Portage District General Hospital – 24/7**

To access urgent care options for 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

Patients are seen based on their medical need, not order of arrival.

Emergency/Call 911

Patients with potentially life-threatening conditions should immediately phone 911 or go to an Emergency Department (see below). 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

Boundary Trails Health Centre: 204-331-8800

Portage District General Hospital: 204-239-2211

Mental Health Services/Substance Use Support

- If you or someone your 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 Community Mental Health services (counselling, education, referrals).
- 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 clinics 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

