

# YOUR CARE OPTIONS THIS WINTER

There are a number of care options available when you and your family do not require emergency care.



## **Health Connect Ontario**

For help in finding a family doctor, or to chat with a nurse online or by phone. Dial 811 or visit [healthconnectontario.health.gov.on.ca](https://healthconnectontario.health.gov.on.ca) to chat live.



## **Family Doctor or Walk-in Clinics**

Check in with your family doctor, search online for walk-in clinics closest to you, or visit [mississaugahaltonhealthline.ca](https://mississaugahaltonhealthline.ca).



## **COVID, Cough, Cold and Flu Clinics**

For mild or moderate symptoms, book an appointment online at [moht.ca](https://moht.ca).

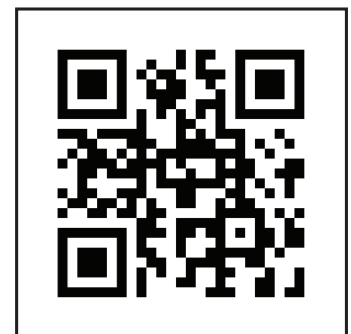


## **The Canadian Mental Health Association (CMHA)**

Phone and virtual support for a variety of concerns including anxiety, suicidal ideations, sexual assault, abuse, addiction and more. Visit [cmhapeeldufferin.ca](https://cmhapeeldufferin.ca).

If you require emergency care, please call 911 or go to your closest Emergency Department.

For a full list of your community care options, local emergency departments, as well as advice on caring for infants and children who are unwell, please scan the QR code.



**CLICK HERE**