

North Shore

Where to Get After-Hours & Urgent Care

Family Physician or Nurse Practitioner



Contact your primary care provider first. They know your health history and can provide ongoing care.

Looking for a family physician or nurse practitioner?

SCAN THE QR CODE



or visit www.nspcn.ca/find-care

Urgent Primary Care Centre (UPCC)



#200 - 221 West Esplanade,
North Vancouver

Mon - Sat 8:00am-10:00pm

Sun 9:00am-5:00pm

For issues that need to be addressed within 12-24 hours, or when your family physician or nurse practitioner is unavailable. All visits to the UPCC are walk-in only.

Mental Health



BC Crisis Line: **(604) 310-6789**

Women's Crisis Line: **(604) 987-3374**

Kids Help Phone: **1 (800) 668-6868**

Indigenous Hope for Wellness:

1 (855) 242-3310

Opioid Same-Day Treatment:

1 (833) 804-8111

8-1-1



For 24/7 health advice, call **8-1-1** to speak with a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

Pharmacist



Pharmacists can assist with medication queries and, in some cases, prescribe for minor health issues. Consult your local pharmacy for more information.

Poison Control



If you are concerned about a possible poisoning or exposure to a toxic substance, call Poison Control immediately: **(604) 682-5050**



Emergency Department 9-1-1

For emergencies that need immediate attention (e.g., chest pain, major trauma) visit the Emergency Department or call: **9-1-1**

Lions Gate Hospital (LGH): #231-15th St East, North Vancouver