

Health Services for People Without a Family Doctor or Nurse Practitioner

IF YOU ARE EXPERIENCING A HEALTH EMERGENCY, CALL 911



Register with **Health Care Connect**, which refers people without a family health care provider to those accepting new patients in their community.

Call 1-800-445-1822 or [register online](#).

VIRTUAL CARE OPTIONS

A virtual urgent care appointment may be right for you if you or a loved one have a medical issue that is NOT life threatening but requires urgent medical attention. There is no cost accessing virtual primary care services with a valid OHIP card.

Health811

Receive advice from a nurse, ask questions about symptoms, find local services and get health information.

Health811.ontario.ca

811 (TTY 1-866-797-0007)

Available 24/7

Urgent Care Ontario

Connect virtually (video) with a doctor/nurse practitioner if you need access to timely care.

www.urgentcareontario.ca

Adult appts: Mon - Fri 1pm - 9pm

Sat & Sun 8am - 4pm

Children: Mon - Fri 1pm - 5pm

TelemedMD+

www.telmedmd.ca

1-888-350-2323

Mon - Fri 8:30am - 4:30pm

Tia Health

www.tiahealth.com

1-844-322-8806

Every day 6am - 11pm

PHARMACIST PRESCRIBING

Many local pharmacies have pharmacists who can be consulted to provide treatments for minor ailments. Check with your local pharmacy about what they offer.

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WALK IN/URGENT CARE CLINICS

Tillsonburg Medical Centre Urgent Care Clinic

200 Broadway at the Tillsonburg Town Centre Mall

Saturdays from 8:30am - 12pm
May not be open every Saturday

Delhi Community Health Centre Walk-In Clinic

105 Main St , Delhi
226-549-4004 ext. 236

Thurs 5pm - 8pm
(registration until 7:30pm)
Sat 9am - 1pm
(registration until 12:30pm)

Registration time may be shortened due to demand. Patients with or without a Primary Care Provider accepted.

East Elgin FHT - Nurse Practitioner Community Outreach Clinic

9254 Plank Road,
Straffordville Medical Clinic

Appointment Required
Call 519-773-3715

Mon, Wed & Thurs 9am - 4pm

Only open to people who live in Aylmer, Malahide or Bayham and who do not have a Primary Care Provider.

More on the following page

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WALK IN/URGENT CARE CLINICS

St Thomas Walk-In Clinic

230 First Ave, Suite 105, St Thomas
519-633-9627
Mon - Fri 6pm - 9pm, Sat & Sun 9am - 3pm

Northwood Medical Centre Walk-In

35 Springbank Ave, Woodstock
519-537-6147
Tues 5pm - 8pm, Wed 1pm - 4:30pm, Fri 9am - 12pm

Jack Nathan Health Walk-In Clinic

499 Norwich Ave, Woodstock
(Inside Walmart)

519-286-2887
Mon - Fri 9am-5pm

*Please note, other services at this site may be private

Trusty Care Clinic

925 Dundas Street, Woodstock

519-537-2992
Mon - Fri 9:30am-5pm
Sat 9:30am-3pm

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PRENATAL CARE

Norfolk Roots Midwives

norfolkrootsmidwives.ca

100 Colborne St. N, Suite F,
Simcoe Ontario

519-428-1414
Self referral

Southwestern Public Health

Free online prenatal classes

Link: [Online Prenatal Classes](#)

To register: [New Submission](#)
(swpublichealth.ca)

Thames Valley Midwives

519-433-5855

Website: [THAMES VALLEY MIDWIVES \(tvm.on.ca\)](http://THAMES VALLEY MIDWIVES (tvm.on.ca))

Woodstock Satellite Clinic: 79 Montclair Dr. Woodstock (at the Inside U Health Centre)

Tues, Wed, Thurs

Aylmer Satellite Clinic: 424 Talbot St. West, Aylmer (East Elgin Family Health Centre)

Tues only

DIABETES EDUCATION

Diabetes Education Program

Alexandra Hospital Ingersoll
Services provided in Ingersoll and
Tillsonburg
Self referral

Call: 519-485-1700 Ext. 8455

Oxford Ontario Health Team

Diabetes Education Program

Woodstock Hospital
Mon - Fri 8am - 5:30pm
Self referral

Call: 519-421-4233 ext 2126

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CANCER SCREENING

Mammogram

Individuals 50-74 years old can self refer to Ontario Breast Screening programs (OBSP)

Tillsonburg Hospital: 519-842-6335
Woodstock Hospital 519-539- 7838

Cervical Screening

Individuals 25-70 years old can book an appointment at Southwestern Public Health

Call 1-800-922-0096 or [book online](#).

Colorectal Screening

Individuals 50-74 years old can call 811 (TTY 1-866- 797- 007) to have a fecal immunochemical test mailed to them

RESOURCES FOR CHILDREN

First Five

A program for children aged 0-5 years old who do not have current access to primary care.

To register, call 519-539-1111 or visit www.oxchc.ca
Clinics held in Ingersoll, Tillsonburg, and Woodstock.

The program is here to assist families and their children with:

- The regular schedule of Well Baby Checks
- Maintaining their child's vaccination schedule
- Developmental screening for physical and mental health
- Resource navigation
- Dietary support

They do NOT provide acute care to acute illnesses (i.e ear infections, coughs, colds, vomiting etc.), care for children 6 years or older, or pregnancy care

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MENTAL HEALTH AND ADDICTIONS SUPPORT

Suicide Crisis Helpline

A safe space to talk 24/7

Dial 988
www.988.ca

Reach Out 24/7

A free, 24/7, confidential mental health and addictions support and services line

1-866-933-2023
reachout247.ca

Oxford County “Talk-In” Counselling

Provides local residents immediate access to counselling services, with clinics available in Tillsonburg, Ingersoll, and Woodstock, in safe and accessible community spaces.

ALL TALK-IN SESSIONS ARE BY APPOINTMENT ONLY.

Contact requested site in advance to pre-book appointment. Same day calls are welcome but not guaranteed.

TILLSONBURG

Mondays from 12pm - 7pm (All ages)
Canadian Mental Health Association
41 Broadway Street | 1-800-859-7248

WOODSTOCK

Mondays & Wednesdays (Children/youth from birth to 17 years of age and their caregiver)
Wellkin Child & Youth Mental Wellness,
912 Dundas Street
1-877-539-0463
www.wellkin.ca

INGERSOLL

Tuesdays from 3pm - 6pm (All ages)
Canadian Mental Health Association
Location: Ingersoll Nurse Practitioner-Led Clinic, 19 King Street East
1-800-859-7248

WOODSTOCK

Thursdays from 12pm - 7pm (All ages)
Woodstock Hospital (Athlone Entrance), 310 Juliana Drive
519-421-4223 ext. 3224.
Valid Health Card Required

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OTHER CARE OPTIONS

Community Support Services

For those ages 55+ or 18+ with disabilities, CSS Central Intake can connect you to services such as:

- Dementia and Brain Injury Support
- Exercise Programs
- Foot Care
- Homemaking Supports
- Meals on Wheels
- Transportation

No referral is needed. Fees for some services may apply. Call 1-888-866-7518 or email oxford.intake@von.ca for more information.

Thames Valley Family Health Team Group Programs

The Thames Valley FHT offers the following virtual programs to the general public:

- Best Weight - practical strategies for nutrition, activity, and health behaviours
- Dream On: Cognitive Behavioural Therapy for Insomnia
- Heart Health - reducing your risk of cardiovascular disease
- Leave the Pack Behind - Tools to Quit Smoking
- Prenatal Information Group
- Steady & Strong: A Falls Prevention Group
- Sweet Talk: Managing Your Blood Sugars

To learn more [visit thamesvalleyfht.ca](http://visit.thamesvalleyfht.ca).

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OTHER CARE OPTIONS

Norfolk Family Health Team

The Norfolk Family Health Team offers community programs to anyone that lives in the surrounding area without a primary care provider.

Programs include:

- Chronic Non-Cancer Pain Management Program
- Foot Care Program
- Norfolk Prenatal and Newborn Health Program
- Registered Dietitian Services
- Sexual Health Clinic
- Talk-In Clinic (18+)
- Groups and Workshops
- And More

Call or visit their website for more information and availability.

Phone: 519 582-2323 (press 2 for Programs List)

Website: norfolkfht.ca

STAY CONNECTED

 [@OxfordOntarioHealthTeam](https://www.facebook.com/OxfordOntarioHealthTeam)

 [@oxford_oht](https://twitter.com/oxford_oht)

 [linkedin.com/company/oxford-oht](https://www.linkedin.com/company/oxford-oht)

 www.oxfordoht.ca

 info@oxfordoht.ca

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#OHTs #OntarioHealthTeam

