

# Health Services for People Without a Family Doctor or Nurse Practitioner



**911**

**211**

**811**

**988**

Call for life or property threatening emergencies

Connects you to non-emergency community and social services and government support programs

Connects you to a health professional who can provide health advice and information

Suicide Crisis Helpline. Connects you to a crisis responder & a safe space to talk

## Health Care Clinics

### Tillsonburg Unattached Care Clinic

Eligibility: live in Tillsonburg or Oxford County & have no Family Doctor or Nurse Practitioner.  
519-544-1185

### Tillsonburg Medical Centre Urgent Care Clinic

200 Broadway St.  
Walk-in appointments only  
Sat 8:30 am - 12 pm

**Trusty Care Clinic - Woodstock**  
519-537-2992

**Pharmacists:** Your local pharmacist may be able to help with minor ailments

**Northwood Medical Centre Walk-In - Woodstock**  
519-537-6147

**Virtual Urgent Care Ontario**  
1-844-227-3844

## Cancer Screening and Preventative Care

### Mammogram

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

### Cervical Screening, Sexual Health Clinics and Immunizations

1-800-922-0096

### Colorectal Screening

Call 811

## Chronic Disease Management

### Diabetes Education:

Woodstock Hospital  
519-421-4233 ext 2126

### Diabetes Education:

Alexandra Hospital Ingersoll (serves Tillsonburg too)  
519-485-1700 ext 8455

### Ingersoll Nurse Practitioner-Led Clinic Programs

519-926-6752

### South West Self Management

1-855-463-5692

## Home and Community Supports Services

**Community Support Services:** for people 55+ or 18+ with disabilities. 1-888-866-7518

**Home Care and Long-Term Care:** Ontario Health atHome  
Call 310-2222 (no area code)

## Mental Health and Addictions Crisis Supports

### Rapid Access Addiction Medicine Clinic

519-539-1111

### Ontario Structured Psychotherapy

1-833-944-9966

### Reach Out 24/7

519-433-2023

### HART Hub Central Intake

519-537-2382

## Prenatal and Children's Health

**First Five** (For children 0-5 without Primary Care)  
519-539-1111

### Prenatal and Baby Education Support, Nurse-Family Partnership:

Southwestern Public Health.  
1-800-922-0096

### Thames Valley Midwives

519-433-5855

## Additional Resources

**Caregiver Support:** Ontario Caregiver Organization.  
1-833-416-2273

**Hospital Health Records Access:** ConnectMyHealth  
[www.info.connectmyhealth.ca](http://www.info.connectmyhealth.ca)

**Indigenous Resources:** Southwestern Ontario Aboriginal Health Access Centre (SOAHAC). 1-877-289-0381

# Health Services for People Without a Family Doctor or Nurse Practitioner

## Register with Health Care Connect

Get on the waitlist. Register yourself and/or your whole family for Health Care Connect and a care connector will search for a doctor or nurse practitioner who is accepting new patients in your community.

### How to Register:

#### Option 1: Register by Phone

- Call: 1-800-445-1822 (available Monday to Friday, 9 a.m. – 5 p.m.)
- A representative will help you complete the registration over the phone

#### Option 2: Register Online

Visit: [www.ontario.ca/page/find-family-doctor-or-nurse-practitioner](http://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner)

- Click “Register with Health Care Connect”
- Follow the instructions to complete the online registration form
- Submit your application

### What You’ll Need to Register:

- Your Ontario Health Card
- Your contact information (phone number, address, email)
- Information about your current health needs or preferences

Once you’re registered, Health Care Connect will keep you on the waitlist and contact you when a match becomes available in your area.

## STAY CONNECTED

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

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

 [www.oxfordoht.ca](http://www.oxfordoht.ca)

 [info@oxfordoht.ca](mailto:info@oxfordoht.ca)



For the full resource visit  
[www.bit.ly/oxfordoht](http://www.bit.ly/oxfordoht)

