Health Services for People Without a Family Doctor or Nurse Practitioner

Oxford ONTARIO HEALTH TEAM

911
Call for life or property threatening emergencies

211
Connects you to non-emergency community and social services and government support programs

811
Connects you to a health professional who can provide health advice and information

988
Suicide Crisis Helpline. Connects you to a crisis responder & a safe space to talk

Health Care Clinics

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

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

Virtual Urgent Care Ontario
1-844-227-3844

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

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

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

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Oxford ONTARIO HEALTH TEAM

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

- 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

linkedin.com/company/oxford-oht

www.oxfordoht.ca

info@oxfordoht.ca

For the full resource visit www.bit.ly/oxfordoht

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