



Where to go for care in Mississippi Mills



For life-threatening situations
and need of immediate help,
CALL 9-1-1



For immediate suicide crisis
support and a space to talk,
CALL or TEXT 9-8-8



If no immediate help is required but the situation is life-threatening...



Emergency Department

For life-threatening medical emergencies, injuries, and severe illness.

Visit the closest emergency room to you:

Almonte General Hospital (75 Spring St.)

Carleton Place & District Memorial Hospital (211 Lake Ave. E.)

Arnprior & District Memorial Hospital (350 John St. N.)



If the situation is not life-threatening...



Family Doctor or Nurse Practitioner

For non-life threatening health concerns.

If you have a family doctor or a nurse practitioner, **please contact them first** as many provide after-hours and priority care care for their patients.



If you do not have access to a family doctor...



Virtual Care

For non-life threatening health concerns.

Access free health consultations with a
registered nurse 24 hours a day.

CALL 8-1-1 (TTY: 7-1-1)
or
Chat Online
Ontario.ca/Health811

Other Resources

**Need a family doctor
or a nurse practitioner?**

Register with Health Care Connect:



8-1-1



Ontario.ca/HealthCareConnect

**Want to access social
services and resources?**

Connect with 211 Ontario

CALL or TEXT 2-1-1

Visit: 211ontario.ca



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FREE Mental Health Supports

Farmer Wellness Initiative

FREE for Ontario farmers and their families



This service provides Ontario farmers, farm families, farm employees, and spouses and dependents of farm employees with free, unlimited counselling, specific to the unique challenges that can be experienced by the agricultural community.



1-866-267-6255



FarmerWellnessInitiative.ca

The Walk-In Counselling Clinic

FREE virtual and in-person appointments



Same-day virtual / telephone appointments are available for residents of Eastern Ontario. If residents prefer in-person walk-ins, they may visit an open clinic in Ottawa. Visit their website to book a virtual session or to find an open walk-in clinic.



613-755-2277



WalkInCounselling.com

Distress Centre Lanark

FREE distress line, 5 p.m. to midnight



Available 365 days a year, this distress line is answered by trained volunteers who are ready to listen. If you are feeling alone and don't know where to turn, call the Distress Centre. Calls are confidential and anonymous.



1-800-465-4442



[DevelopmentalServices.com
/Services-Distress](http://DevelopmentalServices.com/Services-Distress)