

**PUBLIC HEALTH NURSE**      **306-873-8282**  
*Can access without referral*

Registered Nurses that specialize in the following areas: child health & development, immunization, prenatal & postnatal education, school health, communicable disease, health promotion & community development, and travel health.

**Dental Health Educator**      **306-752-6310**

**Public Health Inspector**      **306-752-6310**

**Well Baby Clinic**      **306-278-2233**

**Travel Immunization**      **306-873-3615**

**Early Childhood Team**      **306-873-8282**

The team of Early Childhood Psychologist and Speech Language Pathologist provide services to children from birth to school age that are not developing as expected.

**Mental Health & Addiction Services**  
*(May self-refer)*

**Mental Health Central Intake Line**  
**306-752-8767**

**Services Provided:**

**Visiting Psychiatrist**      **306-765-6055**

(once every 6 months)

**Mental Health Nurse**      **306-865-5646**

(every 2nd Wednesday - may self-refer)

**Addictions Counseling**      **306-865-4211**

Provides assessments, counseling, therapy, outpatient rehab, SGI screening, education and prevention programs and workshops.

**HELP LINES**

<b>Emergency Services</b>	<b>9-1-1</b>
<b>Kids Help Phone</b>	<b>1-800-668-6868</b>
<b>Mental Health</b>	<b>1-306-765-6055</b>
<i>24-hour consultation services</i>	
<b>Smoker's Help Line</b>	<b>1-877-513-5333</b>
<b>Northeast Crisis Centre</b>	<b>1-800-611-6349</b>
<b>Problem Gambling</b>	<b>1-800-306-6789</b>
<b>Farm Stress Line</b>	<b>1-800-667-4442</b>

**Primary Health Care**  
is a service of the  
**KELSEY TRAIL HEALTH**  
**REGION**

*For more information about this or other services  
of the Kelsey Trail Health Region  
contact the Regional Office at  
306-873-6600 or visit our website  
[www.kelseytrailhealth.ca](http://www.kelseytrailhealth.ca)*



**Provincial Health Line—24 hour health advice**

**KTHR Quality of Care Coordinator**  
**1-877-573-6601**



# Guide to Health Services

## Porcupine Plain



Brought to you by the  
Porcupine Plain Primary Health Care  
Provider Team  
in partnership with  
Kelsey Trail Health Region

*The Porcupine Plain Primary Health Care Provider Team is a group of health care providers and community members working together to address identified needs within the community.*

**Healthy People in Healthy Communities**

## What is Primary Health Care?

- ◆ Providing services to individuals, families and communities through a team approach
- ◆ A proactive approach to preventing health problems before they occur
- ◆ Accessing the right health provider at the right time for the right reason
- ◆ Improved follow-up once a condition has been identified

### **PORCUPINE MEDICAL CLINIC** **306-278-2151**

**Hours of Operation**  
**Monday – Friday**  
**9 a.m. -12 p.m. & 1 p.m. – 5 p.m.**



### **NURSE PRACTITIONER SERVICES**

A Nurse Practitioner (NP) is a registered nurse with advanced education & training, enabling the NP to diagnose & manage day-to-day medical conditions & chronic conditions, while maintaining a close working relationship with physicians. They are able to order tests, x-rays, write prescriptions & refer to other health care providers.

**306-278-2151**

Provides medical services out of Porcupine Medical Clinic.

### **ACUTE CARE FACILITIES**

**Porcupine Carragana Hospital 306-278-6262**  
**Lab & X-Ray 306-278-2442**



### **LONG TERM CARE HOMES**

*Assessment for long term care & respite placement is through Home Care*  
**306-278-3122**

**Red Deer Nursing Home 306-278-6278**



### **HOME CARE**

*Can access without referral*  
**306-278-6270**

Assists those who need care & support to remain independent at home. Provide services based on client assessed needs & risks. Provide assessment for long term care & respite placement as well as palliative care services.

**Meals on Wheels** - Hot noon meal delivered to client's home up to 5 days per week

### **VISITING SPECIALISTS AVAILABLE IN THE PORCUPINE PLAIN AREA**

*(By Referral Only)*

<b>COMMUNITY THERAPY</b>	<b>306-873-8282</b>
<b>Physiotherapy</b>	<b>306-873-8282</b>
<b>Occupational Therapy</b>	<b>306-873-8282</b>
<b>Paediatric Physiotherapy</b>	<b>306-873-3760</b>
<b>Exercise Therapy</b>	<b>306-873-3760</b>



**DIETITIAN 306-873-3760**

*Can access without referral*

Provides information & assistance to those with or at risk of developing health conditions related to: diabetes, heart & stroke, blood pressure, cholesterol, nutrition & weight concerns.

**DIABETES NURSE EDUCATOR**

*Can access without referral* **306-873-3760**

Provides education & support to individuals & groups to assist them in living well with diabetes. Services include: checking blood glucose monitors for accuracy, individual counseling regarding diabetes, insulin management, lifestyle, coping with diagnosis.