

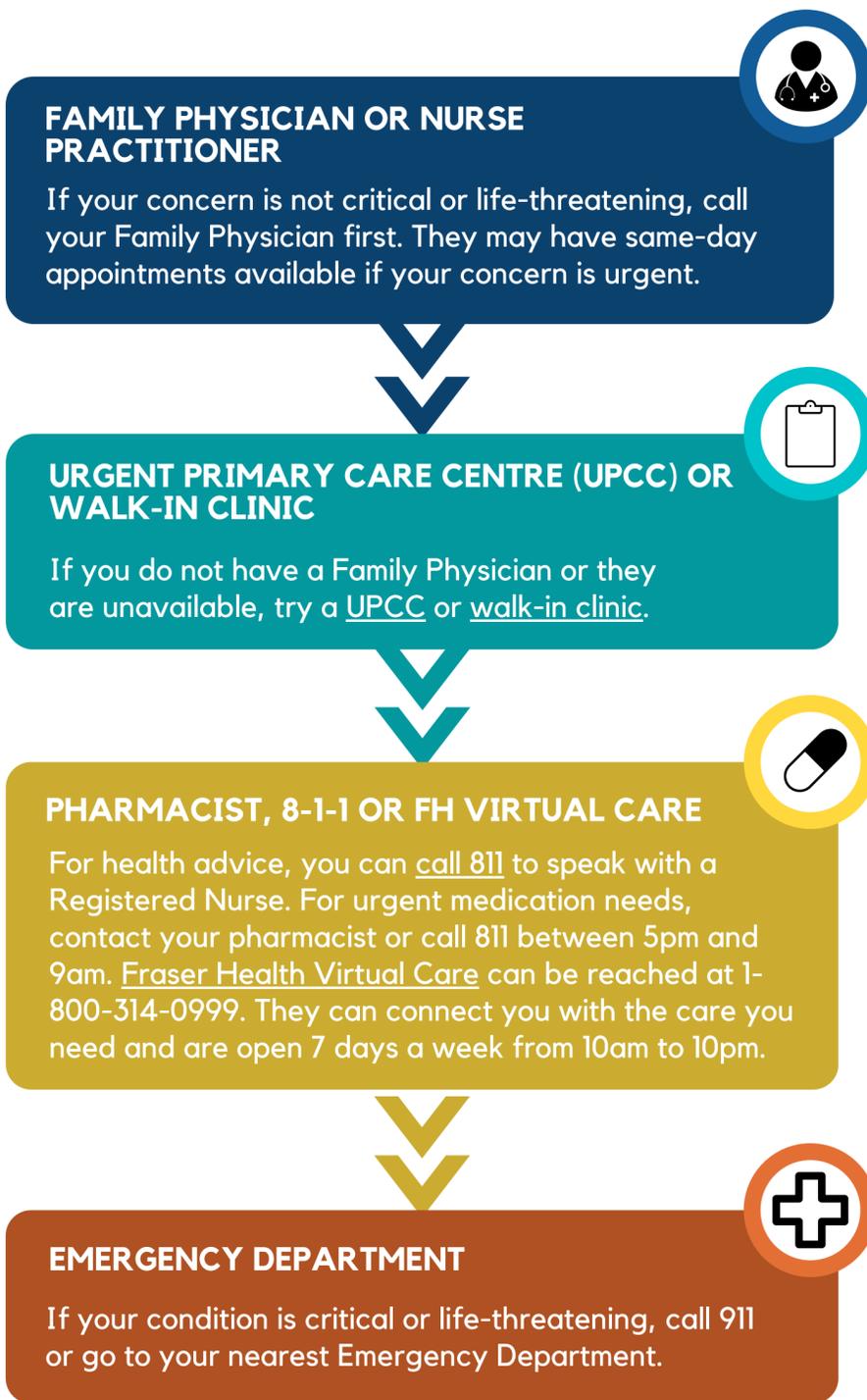
Where4Care

Know Your Options

**Updated December, 2025*

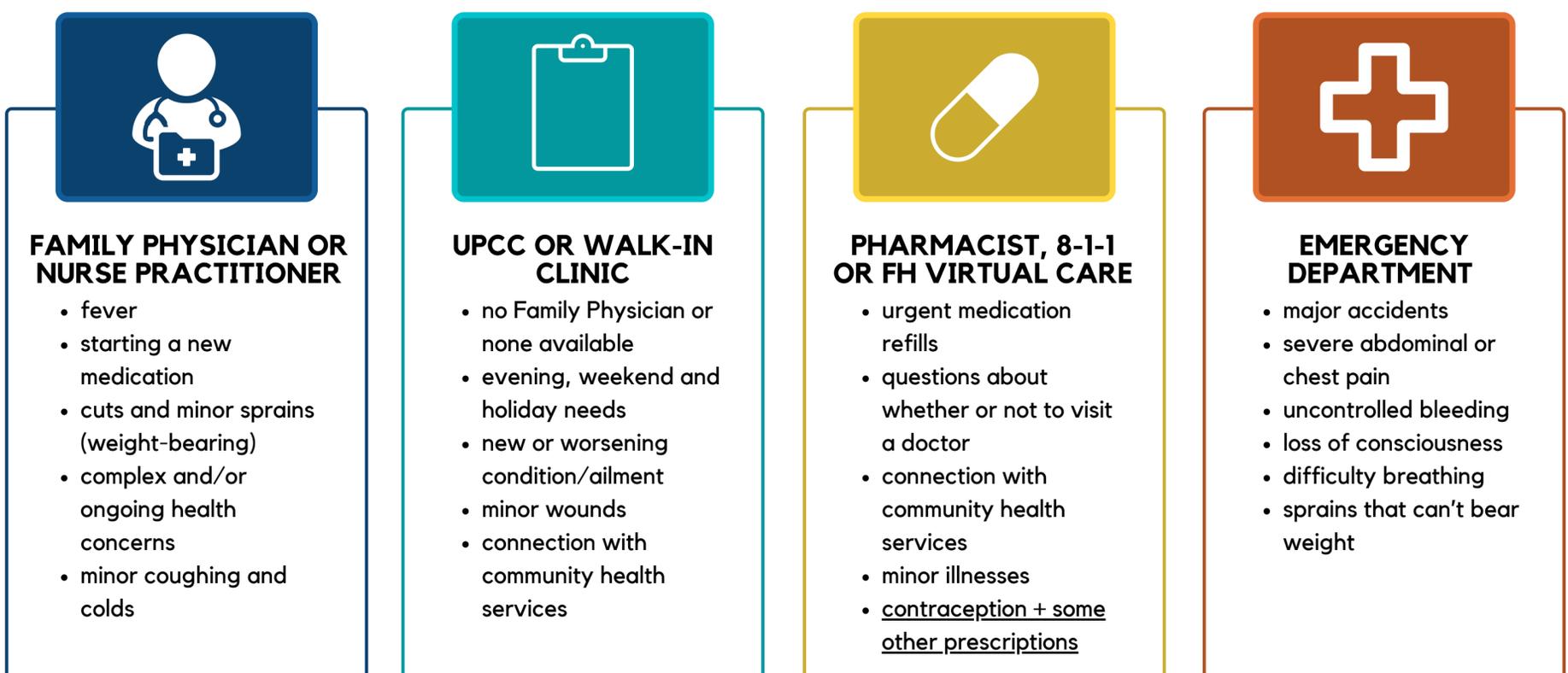
Do you know where to go to get the health care you need in Surrey and North Delta?

Knowing Where4Care can help you and your family get the right care in the right place and avoid lengthy wait times.



MENTAL HEALTH SUPPORTS IN SURREY AND NORTH DELTA

- Fraser Health Crisis Line: **1-877-820-7444**
- Hope For Wellness Helpline (Indigenous People): **1-855-242-3310** OR hopeforwellness.ca
- Surrey Mental Health and Substance Use UCRC walk-in or by appointment at **604-953-6200**



Where4Care

Know Your Options



Surrey-North Delta
Primary Care Network

Helpful Websites



FIND A FAMILY PHYSICIAN OR NURSE PRACTITIONER

- Health Connect Registry: <https://www.healthlinkbc.ca/find-care/health-connect-registry>



UPCCS AND WALK-IN CLINICS

- Find a Walk-In Clinic: <https://medimap.ca/>
- Learn More about UPCCs: <https://www.fraserhealth.ca/Service-Directory/Services/primary-care-services/urgent-and-primary-care-centre>



PHARMACISTS, 811 AND FRASER HEALTH VIRTUAL CARE

- Pharmacy Services (Including Prescribing Medications): <https://www.healthlinkbc.ca/health-services/pharmacy-services-in-bc>
- 811 Services: <https://www.healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1>
- Learn More about FH Virtual Care: <https://www.fraserhealth.ca/virtualcare>



EMERGENCY DEPARTMENT

- Find Current ED Wait Times: <https://edwaittimes.ca/welcome>