



PRINCE ALBERT PARKLAND
HEALTH REGION

Healthy Living in Healthy Communities

SPIRITWOOD & AREA

Primary Health Care



**Helping you live
a healthy life**

**Spiritwood & District
Health Complex**

**Spiritwood & District
Health Complex at**

(306) 883-4400

Clinic Hours

Weekdays: 8 am - 7 pm

Saturday: 10 am - 4 pm

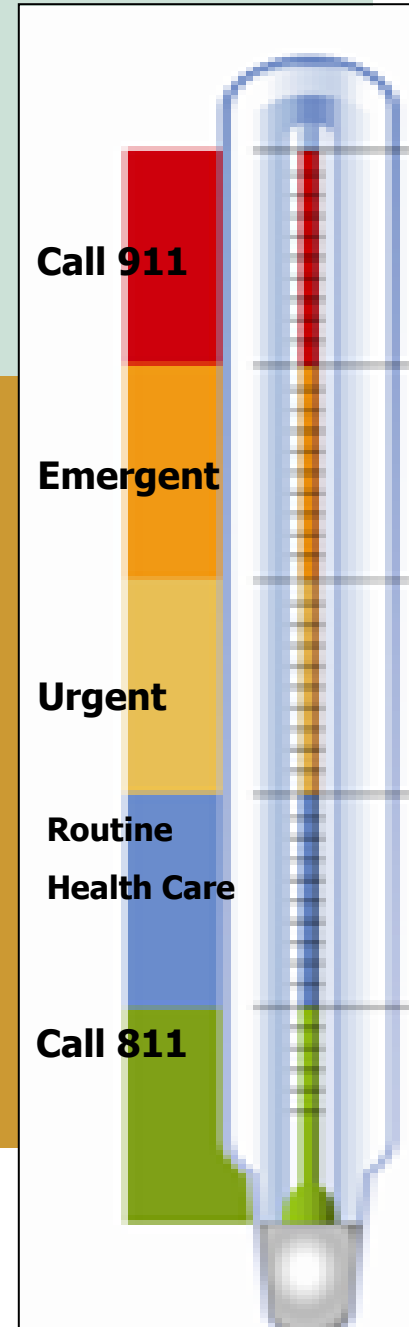
Lab & X-Ray Hours

Weekdays: 8:30 am- 4:30 pm

Closed 12 pm - 1 pm

CLOSED STATUTORY HOLIDAYS

Primary Health Care



Call 911 for Life Threatening Emergencies (stroke, severe shortness of breath or serious car accident). An Ambulance is the best way to reach the support you might need.

For emergency illness or injuries (fracture, heart attack, fainting, or difficulty breathing) seek care at the closest hospital emergency department. (Shellbrook, Prince Albert, North Battleford)

For unexpected illnesses (fever, infections, cuts that may require stitches, dehydration, strains/sprains, minor head injuries) call or seek care from the Spiritwood Clinic during clinic hours.

For routine illnesses, chronic disease management, and prescriptions refills call the Spiritwood Clinic to arrange an appointment.

If you are uncertain whether you need to see a Doctor or Nurse Practitioner and/or need health related advice call 811 (HealthLine).

Based in Spiritwood

Community Mental Health Nurse

Provides treatment, support and referral for adults and children with mental illness. Provides therapy for mental health concerns such as: depression, anxiety, grief, crisis intervention and stress management.

Contact: (306) 883-4462

Public Health Nurse

Provides information to expectant mothers and their families, newborn home visits & immunizations/vaccination for all ages.

Contact: (306) 883-4470

Community Dietitian

Provides nutrition counseling to individuals & groups.

Appointments: (306) 883-4400

Health Promotion Coordinator

Staff work with others to positively influence the conditions that support healthy communities. They focus on the root causes of health through building healthy public policy, creating supportive environments and strengthening community action.

Contact: (306) 883-4478

Physiotherapy

Appointments: (306) 883-4400

Parent Support Coordinator

Services: Provides parent education and support through home visits to families with children aged 0-5 years.

Contact: (306) 883-4463

Speech Language Pathology – Child

Assessment and therapy for 0-5 year olds with speech, language and communication issues.

Contact: (306) 765-6131 (P.A.)

Home Care

Services for clients in the home as well as monthly wellness clinics in Chitek Lake, Leoville, Mayfair, Medstead, Rabbit Lake, Shell Lake and Spiritwood are provided.

Contact: (306) 883-4266

Addictions Services

Assessments, counseling and care for persons with drug, alcohol or other addiction problems. Counseling for people affected by someone with addictions.

Contact: (306) 883-4479

Other Services

Spiritwood Dental Clinic

Open Mon to Thurs 8 am to 4 pm

Contact: (306) 883-3000

Evergreen Health Center Primary Health Care Clinic (Leoville)

Contact: (306) 984-2355

Nurse Practitioner services on Mondays and Wednesdays.

By appointment.

Lab services (phlebotomy) are Wednesday 8:30 am to 11:00 am.

Pharmacy services are located in Spiritwood.

Early Childhood Intervention Program (North Battleford)

Home visiting to families whose children aged 0-5 are behind in their growth and brain development or at risk for delay due to prematurity or other medical problems. Access to Pre-Kindergarten programs are also available.

Contact: (306) 446-4545

Chiropractor

Wednesday 1 pm - 5pm

Appointments: (306) 883-2133

Spiritwood Good Health Pharmacy

Provides prescription and health teaching related to medications.

Open:

Weekdays 9 am - 6 pm

Saturday 12 pm - 5 pm

Contact: (306) 883-2391

Contact the Spiritwood & District Health Complex for more information at (306) 883-4400 Or fax (306) 883-4440

For 24 hour access to health information and advice visit online at:
www.healthlineonline.ca

Or call: 811