

# **Do you need help navigating health care or community services in the Couchiching region?**

**We're here to help you...**



# Make The Right Call

**211**

Connects you to non-emergency community and social services and government support programs in your area. **Multilingual services available 24/7.**

**811**

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

**911**

Responds to life or property threatening emergencies.

Still need help navigating healthcare services in the Couchiching region? Contact us.

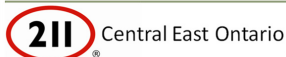
**Couchiching Ontario  
Health Team 24/7 Navigation Line**

**1-844-806-3093**



**Couchiching**  
Ontario Health Team

For more information, go to [coht.ca](http://coht.ca)



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