



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

We're here to help!



Make The Right Call

211

Connects you to non-emergency community and social services and government support programs in your area.

811

Connects you to a qualified health professional who can provide health advice and registration for a primary care provider

911

Responds to life or property threatening emergencies.

These 24/7 helplines have interpretation available.

Still need help navigating healthcare services in the Couchiching region?

Need help connecting to community programs?

Need help coordinating care with your health team?

Call the CFHT Navigation Line today!

**Couchiching Family Health Team
(CFHT) Navigation Line**

705-329-3649 ext. 290

