**British Columbia**

HealthLinkBC (811 within BC)
- healthlinkbc.ca
- contact a nurse 24/7
- email a dietitian or exercise professional
- speak with a dietitian or exercise professional ***Monday- Friday 9am-5pm PST***
- online pamphlets for various health complaints available
- services available in 130 languages

**Alberta**

Alberta Health Services (811 within Alberta)
- albertahealthservices.ca
- myhealth.alberta.ca
- contact a nurse 24/7 on the helpline
- toolkits for nutrition and exercise advice

**Saskatchewan**

HealthLine (811)
- staffed 24/7 by registered nurses, dietitians, and social workers
- healthwise.net
- pamphlets available for various nutrition and physical health issues.
- eatwellsask.usask.ca
- service provided by the University of Saskatchewan
- email a dietitian, response within 3 business days
- call a dietitian, Monday-Thursday 10am-4pm

**Ontario**

Telehealth Ontario (811 within Ontario)
- 1-866-797-0000
- speak with a nurse 24/7 about non-urgent health issues
Ontario 211
- find out about social services and nutrition programs in your area

**Quebec**

Info-Sante (811 within Quebec)
- speak with a nurse 24/7 for non-urgent health issues
Extenso
- extenso.org
- L’Universite de Montreal’s reference guide for healthy eating

**Atlantic Canada**

New Brunswick:
- 811: speak to a nurse 24/7
Newfoundland:
- 811 Healthline: speak with a nurse 24/7
- Dial-A-Dietitian: M-F, 9am-12pm/1pm-4pm NST
Nova Scotia:
- 811: speak to a nurse 24/7
PEI:
- 811: speak to a nurse 24/7

**Northern Territories**

Yukon Telehealth Network (available for all territories)
- 1-800-661-0408 ext. 8033
- education, appointments, health care info offered through phone or video conferencing.