



PHYSICAL HEALTH & NUTRITION

OFF-CAMPUS RESOURCES

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

Manitoba

MBTelehealth

- 204-940-8500
- Monday-Friday 8am-4pm CST
- schedule phone/online appointments with health professionals, a great option if you live rurally.

Dial-A-Dietitian Service

- 1-877-830-2892
- Monday - Friday 8am-6pm

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.