

# Welcome to Canada

## + HEALTH CARE IN CANADA



There are different services in Canada to support your health care needs and to get quick help during an emergency.

Most healthcare in Canada is funded by the government. When you have government health insurance, you do not need to pay for the healthcare services that are covered.

You can protect yourself against illnesses through regular vaccinations and staying informed and updated about public health concerns.

Settlement service providers can help you. These organizations offer many programs and services to help newcomers after arrival in Canada. To find the organization in your community, consult: [Find free newcomer services near you](#) (web page is available in English and French).

### HEALTH EMERGENCIES

If you have a health emergency, call 911 or go to your local hospital's emergency department.

A health emergency may include trouble breathing, heart attack or stroke, serious injury or illness.

### REGULAR HEALTH CARE SERVICES

For most healthcare needs, you can visit a walk-in clinic or a local pharmacist.

Find a doctor and dentist who can accept you and your family as a new patient. They can keep your medical history and see you regularly. You can find a family doctor and a dentist by asking someone you know, looking online or contacting a community health centre.

To learn more about finding a doctor or a dentist, consult: [Health care in Canada: Find doctors and dentists](#) (web page is available in English and French).

Health care providers may speak to you in English or French. Ask your healthcare provider about access to an interpreter if you are having difficulty understanding information or advice.

It may be challenging to find a family doctor who is accepting new patients in your community. Ask your settlement service provider for more information on how to find a health care provider in your province or territory.

To learn more about Canada's health care system, consult: [Get to know Canada's Health Care System](#) (video is available in English and French).



## YOUR METAL HEALTH AND WELL-BEING IS IMPORTANT

If you or someone you know feels very sad, anxious or stressed, contact your family doctor, go to a walk-in clinic or find out about free short-term counselling services from a settlement service provider.

If you or someone you know is in distress, experiencing a mental health emergency or needs immediate assistance, contact 911 or the local emergency phone number in your area.

To find out more about mental health supports in Canada, consult: [Health care in Canada: Mental health and well-being support for newcomers - Canada.ca](#) (web page is available in English and French).

Contact the police or youth protection services if you, another adult or a child is experiencing abuse or being neglected. You can also contact your local settlement service provider for more information on where to find help.

To learn more about your rights in Canada, consult: [Family law - Canada.ca](#) (web page is available in English and French).



## PAYING FOR HEALTH CARE SERVICES AND PRODUCTS

Apply for government **health insurance** through your province or territory's health ministry as soon as you arrive in Canada. Depending on where you live, it may take up to 3 months to get coverage. To learn more, consult: [Learn about health care in Canada](#) (web page is available in English and French).

You will receive a **health card** as proof of your coverage. Each person receives their own health card. You must show your health card each time you get medical care.

While waiting to be approved for government health insurance, it is a good idea to get private medical insurance so you are covered for any medical needs.

Make sure that you understand what is covered under your government health insurance. There are some medical services and products that are not covered by public health insurance, such as dental services. You may need to pay for these services on your own.

If you are a resettled refugee, made an asylum claim or a are protected person in Canada, you may be eligible to receive temporary medical care and prescription drugs under the Interim Federal Health Program. To learn if you are eligible, consult: [Interim Federal Health Program: Who is eligible](#) (web page is available in English and French).

## VACCINATIONS AND PUBLIC HEALTH CONCERNS

Ask a doctor to find out what vaccinations you and your family need in Canada to protect yourself against known health issues.

For up-to-date information about public health emergencies and concerns in Canada, such as COVID-19, consult: [Public Health Agency of Canada](#) (web page is available in English and French).

Find the settlement services you need in your community  
(available in English and French):

