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## HealthLink BC 8-1-1

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Do you need to talk to someone about a health problem?

8-1-1 is a phone line that is available 24 hours a day.

Anyone in B.C. can get free health information and advice over the phone. It is operated by HealthLink BC, a part of the B.C. Ministry of Health.

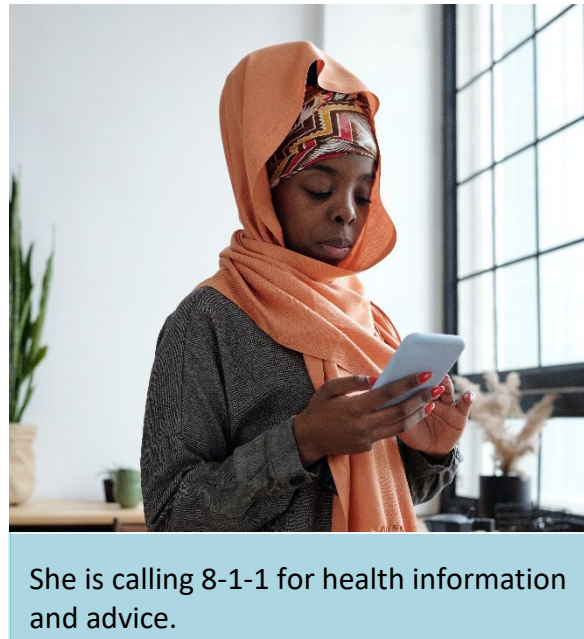
### What do I do?

Call 8-1-1 to speak to someone. They can help you find health information and services. Or, they can connect you with a health care professional.

### Health

A nurse can help answer questions about non-emergency health concerns any time of the day. They can:

- discuss your symptoms
- explain procedures
- recommend whether you should see a health care provider in person



### Healthy eating

A dietician can answer questions about health eating, nutrition and special diets. You can call Monday to Friday from 9 a.m. to 5 p.m.

### Exercise

An exercise professional can answer questions about physical activity and exercises. You can call Monday to Friday 9 a.m. to 5 p.m.

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### Medications

A pharmacist is available at night to answer questions about medications. You can call any time from 5 p.m. to 9 a.m.

### Can I get help in my language?

You can ask for help in your language. 8-1-1 can provide a translator in more than 130 languages.

To find resources in other languages, visit [Translated Resources](#).

**Adapted from HealthLink BC • Photo: Pexels/Jack Sparrow**