

# HOW CAN A FAMILY DOCTOR HELP YOU?

Family Doctors and Nurse Practitioners (NPs) are your *Front-line Health Care Providers*



**Contact Health Care Connect**  
**1-800-445-1822**



## THEY ADDRESS PHYSICAL AND MENTAL HEALTH

They can help with a range of issues, including:

- unexplained symptoms
- stress
- body image
- smoking & substance use challenges
- STIs, birth control
- depression, anxiety and other mental health issues
- staying healthy



## THEY ARE A BRIDGE TO OTHER SERVICES

They are here to:

- navigate the larger healthcare system
- refer you for medical tests and specialist consultations
- help you understand what options are available
- direct you to *local* resources and services
- get to know you and your medical history over time which is valuable for treatment decisions



**As a young adult, you may be moving more than once.**

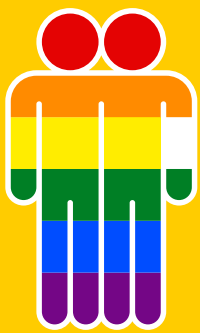
**Your life may have changed so that usual supports aren't available.**

**Visits to a Family Doctor or Nurse Practitioner are FREE under OHIP.**

## THEY HAVE EXCELLENT VALUES

As non-judgmental partners in your healthcare, they strive to:

- treat you with respect
- make you feel comfortable
- provide you with all the options
- respect confidentiality
- support you with decision-making on health issues



**It can be hard to sort out who to see and where to go for what.**

**Family Doctors and NPs can help.**

**GET YOUR OWN FAMILY DOCTOR OR NP IN ONTARIO**



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<https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

**ENDORSED BY**



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