

Virtual Health Services

The following services provide access to consultations with healthcare providers, programs, or general information related to mental and physical health. Individuals can access these services from the comfort of their own home. These services are fully covered by MSP and offer a wide range of operational hours.

Island Health – my virtual visit

Virtual visits with a healthcare provider using a smartphone, computer, or tablet. Available every day from 8am-7pm.

<https://www.islandhealth.ca/our-services/virtual-care-services/myvirtualvisit>

First Nations Virtual Doctor of the Day

Offered by First Nations Health Authority (FNHA), this program provides easily accessible primary health care for First Nations people of all ages who live in BC and their family members, even if those family members are non-status.

Call 1.855.344.3800 to book an appointment with the Virtual Doctor of the Day in your region.

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day/how-it-works>

1.855.344.3800

Babylon

Virtual scheduled appointments with a doctor or mental health counsellor, 24/7 chat-style symptom checker, and online assessments that provide insights to your physical and mental health. Services are available Monday - Friday 8am-10pm and Saturday & Sunday 8am-6pm.

<https://www.babylonhealth.com/ca>

Access Virtual

Virtual appointment with a doctor who will create individualized care plans, write prescriptions, send lab requisitions, and send referrals to other specialists as needed. Services available exclusively for B.C. residents. Hours are Monday - Friday 8am-8pm and Saturday & Sunday 9am-5pm.

<https://accessvirtual.ca/british-columbia/en/>

BC Mental Health and Substance Use

Access to health care services for people with a variety of needs including severe and persistent mental health and substance use issues. Links to provincial programs, health information, and current research in the field.

<http://www.bcmhsus.ca/our-services/virtual-health-services>

Foundry

Virtual drop-in one-on-one counselling sessions, peer support check-ins, and support groups/workshops for young people, ages 12-24, and their caregivers. Groups include supports for dealing with anxiety, LGBTQ2+ issues, navigation of the healthcare system, and a variety of other options.

Monday-Thursday 1:15-9:00pm and Friday 2:15-9:00pm for Drop-in sessions. Hours may vary.

1-833-308-6379

<https://foundrybc.ca/virtual/>

HealthLink BC

Wealth of information on all aspects of healthy living: mental health, physical activity, healthy eating, and many more. Links to various resources and a 24/7 phone-in service to speak to a registered nurse, registered dietician, pharmacist or qualified activity specialist for health questions or concerns.

<https://www.healthlinkbc.ca/>

8-1-1

The Wellness Centres at Belmont, Royal Bay, Edward Milne Secondary School and Youth Clinic at West Shore and Sooke Health Units.

For any youth up to the age of 25. Services include: immunization, low cost birth control, STI testing, medical testing/treatment, referrals, prescriptions, counselling and more. Appointments only; same day appointments may be accommodated when possible. In-person visits are encouraged, although virtual visits available. To book an appointment at Belmont, Royal Bay High Schools or the Youth Clinic at West Shore call 250-519-3580; for Edward Milne and Youth Clinic at Sooke Health Unit call 250-519-3487.