



Have a health related question?

Not sure where to start?

Call

Are you looking for information on healthy lifestyle choices? Are you a parent with questions about your child's health? Do you have other health related questions?

Let the **Health Connection** team of *Registered Nurses, Registered Dietitians and Public Health Inspectors* provide you with current health information, education and confidential counselling.

Health Care Professionals are available to assist you Monday to Friday, 8:30am - 4:30pm. You can call us at any time to leave a message or listen to pre-recorded health information. Messages will be returned within one business day. You can also call us outside our regular business hours to access access phone numbers for on-call Health Services Departments.

Health Connection can be your first link to

- Health information and education
- Community resources
- Confidential counselling & consulting on health issues
- Public Health presentations for work sites & community groups

Health Connection's direct TTY number for individuals who are Deaf, deafened and hard of hearing **1-866-252-9933**
Health Connection can access interpreter support for other languages

YORK REGION
Health Connection
Health Information • Education • Counselling
1-800-361-5653



Have a question and not sure where to start? Call Health Connection **1-800-361-5653**