

# Self-isolation supports for COVID-19 cases and close contacts

## Prescription refill:

- [Contact your health care provider](#)  
If you're running low on medication, or need help filling prescriptions, call your family doctor or nurse practitioner first. If you will run out of medication before seeing your health care provider, please make an appointment to follow up for future prescription refills. In some cases pharmacists may be able to provide refills of chronic medications. Go to your community pharmacy (where you normally get your medication) to access an emergency medication supply.
- [First Nations Virtual Doctor of the Day](#) (FNHA)  
Toll-free: 1.855.344.3800 to book an appointment (8:30 am to 4:30 pm, 7 days a week)
- [Northern Health Virtual Clinic](#) (Northern Health)  
Toll-free: 1.844.645.7811 (10 am to 10 pm, 7 days a week)

## Mental health and substance use:

- [Mental health and substance use](#) (Northern Health)  
Search for programs and services to assist persons and their family experiencing difficulties with mental health and/or substance use. Many mental health and substance use services are available through your primary health care team. You can [contact your team directly](#) to find out what services they offer.
- [Alcohol & Drug Information Referral Service](#) (HealthLinkBC)  
Toll-free: 1.800.663.1441 (24 hours a day, 7 days a week)  
Provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).
- [First Nations Virtual Doctor of the Day](#) (FNHA)  
Toll-free: 1.855.344.3800 to book an appointment (8:30 am to 4:30 pm, 7 days a week)  
Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.
- [Northern Health Virtual Clinic](#) (Northern Health)  
Toll-free: 1.844.645.7811 (10 am to 10 pm, 7 days a week)  
Provides primary and community care services and COVID-19 assessments for those experiencing symptoms.
- [Mental health and cultural supports during COVID-19](#) (FNHA)  
This one-page document summarizes mental health and cultural supports available.
- [Inclusive Toolkit Provides Mental Health and Wellness Supports for COVID-19](#) (FNHA)  
This online toolkit of resources aim to help cope with the challenges in our lives that can be stressful, overwhelming and cause strong emotions.

## For Indigenous individuals:

- If you are First Nations, your Health Director may be able to provide additional supports or contact [First Nations Health Benefits](#). Toll-free: 1.888.305.1505 (Monday to Friday 8:30 am to 4:30 pm and on weekends and statutory holidays from noon to 4 pm)
- If you are Métis, contact the [Métis Crisis Line](#) at 1.833.638.4722 (24 hours a day, 7 days a week)