

The Ontario Health Team of Northumberland (OHT-N) is a local network of health care providers collaborating with patients and caregivers to deliver integrated, person-centered care.

How the OHT-N is working to improve primary care, support older adults, and strengthen mental health services.

Primary and Specialty Care

Through the Primary Care Network, family doctors and nurse practitioners across Northumberland meet regularly to coordinate care, support onboarding for patients without care, share resources, and respond to local service gaps, helping residents feel supported.

Online booking and connecting to a family doctor



With provincial funding, providers have expanded options for booking appointments online or by phone. Contact your family doctor or nurse practitioner directly or visit their website to find out if they offer online appointment booking



Local supports are being developed—with guidance and funding from the Ministry of Health—to help residents connect to a family doctor or nurse practitioner. A centralized navigation page on the OHT-N website, aligned with Health811, helps residents find the right service faster. OHT-N is working with Health Care Connect to reduce the primary care waitlist.

Visit our website to explore local supports and resources: ohtnorthumberland.ca

Find a family doctor or nurse practitioner:
ontario.ca/page/find-family-doctor-or-nurse-practitioner

Rural Outreach Clinic

The Rural Outreach Clinic, located in Colborne, opened in 2021 and helps improve access to care for residents who face barriers to accessing local health services. The clinic offers:

- Physician appointments
- Nurse practitioner appointments
- Diabetes care
- Mental health counselling
- Family violence prevention counselling

To book an appointment or learn more, visit our website or call the clinic directly.

- ohtnorthumberland.ca/rural-outreach-clinic
- [289-265-0505](tel:289-265-0505)

Cancer Screening

We provide information and connect people to local resources for breast, cervical, colorectal, and lung cancer screening through the Central East Regional Cancer Program. In June 2025, a Women's Health event offered cervical cancer screening, health education, and support for people without a family doctor and those that face other barriers to preventative screening.

Learn more about access to screening services and related supports:
ohtnorthumberland.ca/cancer-screening

Read about the Women's Health event:
ohtnorthumberland.ca/womens-health-event-2025

Older Adults



Easy-to-read posters, brochures, and a dedicated webpage help older adults, especially those without a family doctor or nurse practitioner, find supports available in Northumberland. Explore supports for older adults: ohtnorthumberland.ca/seniors-and-older-adult-supports



The Essential Care Partner Pilot Program supports greater involvement of care partners in care planning and decision-making. Learn about the Essential Care Partner Pilot Program: ohtnorthumberland.ca/pilot-of-northumberland-countys-first-essential-care-partner-program-now-available-at-northumberland-hills-hospital



The SCALE Together program, delivered with the Ontario Caregivers Organization, supports caregiver skills, confidence, and well-being. Read about the SCALE Together program: ohtnorthumberland.ca/scale-together



The Community Paramedicine Program, delivered by Northumberland Paramedics, provides in-home support for older adults, including those living in rural communities. See if this is right for you: northumberland.ca/services/community-paramedicine



A peer support program through Community Care Northumberland connects trained volunteers with older adults to support social connection and access to local services. Get details about the Peer Support Program: ohtnorthumberland.ca/volunteer-peer-support-program

Mental Health



A public Mental Health and Addictions service directory helps residents and families find local supports more easily.

Find mental health and addictions supports: ohtnorthumberland.ca/mental-health