

HOW TO ACCESS HEALTH CARE SERVICES IN THE HOLIDAY SEASON



HEALTHDIRECT NATIONAL HEALTH SERVICES DIRECTORY

To find health services search the HealthDirect National Health Services Directory [about.healthdirect.gov.au/nhsd](https://www.healthdirect.gov.au/nhsd)

For mobile phones visit [healthdirect.gov.au/australian-health-services](https://www.healthdirect.gov.au/australian-health-services) or use the HealthDirect app [healthdirect.gov.au/health-app](https://www.healthdirect.gov.au/health-app)



PHARMACY AND SELF CARE

Visit a pharmacy for common complaints such as:

- sore throat
- diarrhoea/upset stomach
- constipation
- runny nose
- heartburn and indigestion
- cough/cold
- minor headache.



GENERAL PRACTICE, AFTER HOURS GENERAL PRACTICE CLINIC, OR AFTER HOURS HOME VISITING SERVICE

In the first instance, visit a general practitioner (family doctor), after hours general practice clinic, or use an after hours home visiting service, for illnesses like:

- ear pain
- vomiting
- stomach pain
- backache
- sprains and strains
- minor cuts.



HEALTH INFORMATION

Phone the **HealthDirect After Hours GP Helpline** on **1800 022 222** for free health advice if:

- you're not sure whether you need to visit the Emergency Department
- you're not sure what kind of help you need or where to access it
- you need health information or reassurance about what to do next.

Visit PatientInfo [patientinfo.org.au](https://www.patientinfo.org.au)

Visit HealthDirect [healthdirect.gov.au](https://www.healthdirect.gov.au)

Use the HealthDirect Symptom Checker [healthdirect.gov.au/symptom-checker](https://www.healthdirect.gov.au/symptom-checker)



DENTAL PRACTICE

Visit a dental practice for complaints such as:

- tooth pain
- gum pain or bleeding
- swelling of the gums or mouth
- accident or injury to the teeth or mouth.



MENTAL HEALTH AND WELLBEING

Phone the **NSW Mental Health Line** on **1800 011 511** or **Lifeline** on **13 11 14**.

Visit a general practitioner (family doctor), after hours general practice clinic, or use an after hours home visiting service.

Visit PatientInfo [patientinfo.org.au](https://www.patientinfo.org.au) or Head to Health [headtohealth.gov.au](https://www.headtohealth.gov.au)



000 AND HOSPITAL EMERGENCY DEPARTMENT

In an emergency, for example a life threatening condition, phone **000 (triple zero)** immediately for an ambulance, or go straight to the closest hospital Emergency Department if it is safe for you to travel.

Examples of emergencies include:

- loss of consciousness or suffering a seizure (fit)
- severe chest pain
- breathing difficulties
- severe bleeding that cannot be stopped
- if you think you are having a stroke
- if you have been the victim of a severe accident.