

USEFUL HELPLINE SERVICES

- ◆ **After Hours GP Helpline:**
1800 022 222 (24 hours)
- ◆ **Child Protection Helpline:**
132 111 (24 hours)
- ◆ **Domestic Violence Line:**
1800 656 463 (24 hours)
- ◆ **Kids Helpline:**
1800 551 800 (24 hours)
- ◆ **Lifeline:**
13 11 14 (24 hours)
- ◆ **National Breastfeeding Helpline:**
1800 686 268 (24 hours)
- ◆ **NSW Mental Health Line:**
1800 011 511 (24 hours)
- ◆ **Parentline:**
1300 130 052 (24 hours)
- ◆ **Poisons Information Centre:**
13 11 26 (24 hours)
- ◆ **Carer Gateway:**
1800 422 737 (Mon-Fri 8am-6pm)
- ◆ **Medicines Line:**
1300 633 424 or 1300 MEDICINE
(Mon-Fri 9am-5pm)
- ◆ **Mothersafe:**
9382 6539 (Mon-Fri 9am-5pm)
- ◆ **My Aged Care:**
1800 200 422
(Mon-Fri 8am-8pm and Sat 10am-2pm)
- ◆ **Palliative Care After Hours Helpline:**
1800 548 225
(After 5pm 7 days a week)

To find a local GP or health service go to:

www.findahealthservice.com.au

For more information on accessing local health and medical services or to provide feedback or suggestions contact Sydney North Health Network 9:00am – 5:00pm, Monday to Friday.



Address: Level 1, Building B,
207 Pacific Highway
St Leonards NSW 2065

Post: PO Box 97, St Leonards NSW 1590

Phone: (02) 9432 8250

Fax: (02) 8088 4770

Email: admin@snhn.org.au

www.snhn.org.au

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Health & Medical Services After Hours when your GP is closed



www.findahealthservice.com.au

Sydney North Health Network works with doctors and health providers to help coordinate After Hours health and medical services for the residents of Sydney's north.

AFTER HOURS COVERS:

- ◆ After 6pm and before 8am weekdays
- ◆ Saturdays before 8am and after 12noon
- ◆ Sundays and public holidays

There are 3 ways to access a health service After Hours:



Contact your GP / Pharmacist about their after hours health services.



Visit findahealthservice.com.au to search for a GP / Pharmacy **OPEN NOW!**









For 24 hour health advice call Healthdirect: **1800 022 222**



For translation services call **131 450**

When you click on the following link www.findahealthservice.com.au you will be taken to the **National Health Services Directory** where you can search for After Hours GPs, Pharmacists, Emergency Departments, Hospital Services and Allied Health.

Find a Health Service	
 General Practice	<input type="radio"/>
 Pharmacy	<input type="radio"/>
 Emergency Department	<input type="radio"/>
 Hospital Services	<input type="radio"/>
 Allied Health	<input type="radio"/>
 More Services	<input type="checkbox"/>
Enter Suburb or Postcode	
<input type="text" value="Enter Suburb or Postcode"/>	<input type="button" value="Search"/>

AFTER HOURS HOME VISITING DOCTOR SERVICE

In the After Hours period you can phone for a home visiting doctor service that will visit you or a member of your family in your home. Some services offer bulk billing while others require a gap payment. Some Private Health Insurers may also provide a free GP-to-home service to their members.

- ◆ **National Home Doctor Service: 13 SICK**
- ◆ **Sydney Medical Service Co-operative limited: 1300 HOME GP**
- ◆ **Doctor Doctor: 13 26 60**
- ◆ **myhomeGP: 1300 968 737**

Following a home visit the attending doctor will fax or email a medical report to your usual General Practice. If your health condition requires continuity of care in the After Hours period, relevant Information can be disclosed to the home visiting service, by your GP, with your consent.

HOSPITAL IN THE HOME

Hospital in the Home is clinical care that reduces the length of stay in hospital or in some instances can avoid an admission altogether. A range of conditions can be effectively and safely managed without a person needing to stay in hospital. Some of the benefits include:

- ◆ The ability to remain in the comfort of own home;
- ◆ Not having to adjust to the hospital's routine - you can eat your own food and sleep in your own bed;
- ◆ Reduced risk of adverse events from hospital admission;
- ◆ Family and friends are able to visit when it suits you.

Hospital Rapid Response teams are also available. They provide clinical advice and support to GPs and Residential Aged Care Nurses to avoid hospitalisation or fast track hospital admissions for older people. Speak to your GP about a referral or to find out more about these services.

IF YOU NEED A TRANSLATOR:

1. Contact the translating and interpreting service on **131 450**.
2. Give them your language.
3. Tell the translator the name and phone number of the health service you want to connect with.