

After Hours Medical Help for Adelaide

Adelaide's after-hours medical help – now online

People of all ages and all backgrounds will benefit from a new easy-to-use website which details the full range of Adelaide's after-hours medical services.

Adelaide PHN has created a searchable website – called Adelaide After Hours – which provides key information about after-hours medical services right across the metropolitan area **including GPs, dentists, pharmacies, hospitals and helplines.**

This is the first time all this information has been brought together in one place.

- **GPS technology means the site can highlight the nearest suitable provider within a 2km, 5km, 10km, 50km or 100km radius**
- **People can also search by suburb, postcode or opening times**
- **The information is available in 16 languages including Greek, Italian, Vietnamese, Arabic and Swahili**
- **Additionally, the site contains contact details for the Poisons Information Centre; Kids Helpline; healthdirect; Pregnancy, Birth & Baby Helpline; Beyond Blue and many other services**

The website (adelaideafterhours.com.au) also provides useful health information ranging from what to do in an emergency through to how to treat minor ailments at home.

“What we have done is taken all this information from many separate sources, put it in one place and made it really user friendly, utilising the latest technology available,” said Adelaide PHN CEO, Deb Lee. “Now, no matter where you are or what time it is, you can access this database to find exactly where and when help is available.”

The site, which is regularly updated, also helps identify the best level of treatment for varying health issues. For example, advising that diarrhoea and insect stings are best treated initially by visiting a pharmacist rather than a GP or hospital.

Given people could be anywhere when they need to access the site, it has been mobile-optimised to be easily navigated using a smart phone as well as tablets and PCs.

Adelaide PHN has two clear goals for the new resource. “We want to ensure people can get the help they need, when they need it,” Ms Lee said. “But it's also very important that we help keep people out of hospital emergency departments unless they really need to be there. We want people to know there are dozens of other places they can seek help and leave emergency departments for emergencies.”

To visit the site, click here adelaideafterhours.com.au

To learn more about Adelaide PHN, click here adelaidephn.com.au

Media – for additional information, please contact Jonathan Revitt at Michels Warren on 0412 639 179.