

SYMPTOMS**WHERE TO GO?****CONTACT****EMERGENCY 24x7**

Chest pain, breathing problems, unconscious, heavy bleeding, stroke signs, suicide risk, major burns

Emergency Department

Call 000

URGENT (not life-threatening)

Infection, injury, pain, burns, rashes, eye/ear problems, vomiting/ diarrhoea

Medicare Urgent Care Clinics
*Please make sure to bring your Medicare card to access this service.

To find your nearest clinic, go to-
<https://www.health.gov.au/find-a-medicare-ucc>

Find a GP / dentist / pharmacy (24/7)

1800 022 222

MINOR PROBLEMS

Cold, cough, headache, period pain, stomach upset, bites, small cuts

Local Pharmacy (24/7)
*If symptoms get worse or do not improve, see a doctor

1800 022 222

MENTAL HEALTH

Stress, anxiety or panic, feeling low, loneliness, grief, anger

Lifeline (24/7)

13 11 14

Medicare Mental Health Centres

1800 595 212

CRISIS SUPPORT

Domestic Violence Crisis Line (24/7)

1800 800 098

Homeless Connect SA (including families) (24/7)

1800 003 308

Not sure where to go?

Call for advice after hours

13SICK - Doctor service bulk-billed after-hours (24/7)

137 425

Find your nearest **medical provider** - healthdirect (24/7)

1800 022 222

24/7 Interpreter support

Translating and Interpreting Service (TIS National)

131 450