

Your guide to choosing the right service

www.adelaidephn.com.au

SYMPTOMS: EMERGENCY

- Chest pain
- Breathing problems
- Unconscious
- Heavy bleeding
- Stroke signs
- Suicide risk
- Major burns

Call 000 or go to the
Emergency Department 24/7

SYMPTOMS: URGENT

- Infection
- Injury
- Pain
- Burns
- Rashes
- Eye/ear problems
- Vomiting/ diarrhoea

Find a **Medicare Urgent Care Clinic**:
[health.gov.au /MedicareUCC](http://health.gov.au/MedicareUCC)

SYMPTOMS: MINOR PROBLEMS

- Cold
- Cough
- Headache
- Period pain
- Stomach upset
- Bites
- Small cuts

Local Pharmacy (24/7) : Call **1800 022 222**

*If symptoms get worse or do not improve, see a
doctor

MENTAL HEALTH

- Stress
- Anxiety or panic
- Feeling low
- Loneliness
- Grief
- Anger

Lifeline (24/7): **13 11 14**

Medicare Mental Health Centres:
1800 595 212

NOT SURE WHERE TO GO?

Call for advice after hours

- **13SICK - 137 425** (24/7)
 - Doctor service bulk-billed after-hours
- Find your nearest medical provider (24/7)
 - Call Heathdirect **1800 022 222**
- **24/7 Interpreter Support**- Translating and Interpreting Service- **131 450**

Add your GP/ Carers contacts here-

FURTHER INFORMATION



Scan the **QR code** for more information or visit adelaidephn.com.au/community/find-after-hours-care

*Intended purely as a guide only.
Call healthdirect **1800 022 222** if unsure. Printed March 2026.*