

From asthma

breaks

child health

crutches

foot care

fractures

hearing tests

infections

mammograms

mental health

nutrition

sexual health

stitches

to x-rays

(and everything in between)

**Know where to go
for your health care.**

canberrahealthservices.
act.gov.au



Know where to go for your health care.



Emergency department

Call '000' or go to the emergency department if you or someone you're caring for has an immediate life-threatening condition such as:

- severe difficulty breathing
- central or crushing chest pain
- severe physical trauma
- severe allergic reactions
- severe bleeding or inability to control bleeding with pressure
- head, neck or severe eye injuries
- sudden inability to move or speak, or sudden facial drooping
- a mental health crisis, where someone may hurt themselves or others.



General practitioners (GPs)

GPs are the first point of contact for all health concerns - unless it's an emergency. They provide immediate short-term care and long-term care for complex needs. If you have multiple health needs, they can coordinate your care.



If you don't have a GP already, you can find one through findahealthservice.act.gov.au



Pharmacies

Community pharmacists can do more than just give medication. They can provide advice and other services like anaemia and blood glucose testing, through to vaccinations and weight management support. Services may vary between pharmacies.



Canberra Health Services community care

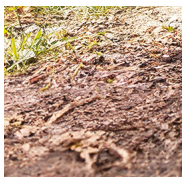
Canberra has a range of free public health services to help meet your health care needs.

Public community health services provide:

- Health promotion and education — to promote healthy behaviours and provide information on disease prevention.
- Specialised clinics and services — such as women's health, child health, mental health, nutrition, physiotherapy, dental and more.
- Preventive care and screenings — including immunisations, and health assessments for certain conditions or demographics.



Find out more at
[canberrahealthservices.act.gov.au/
knowwheretogo](https://canberrahealthservices.act.gov.au/knowwheretogo)





Private allied health services

Allied health services, like physiotherapy, nutrition and psychology services, can help prevent long-term or acute health conditions.



You can search for allied health services near you through healthdirect.gov.au



Know where to go for your health care.



healthdirect

If you're unwell but you aren't sure what to do, you can call healthdirect on 1800 022 222.

It is staffed by registered nurses who can tell you if you need to see a GP or provide you with information on the type of treatment you need.

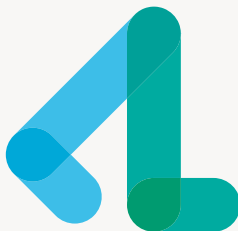


Visit healthdirect.gov.au for more information.

Walk-in Centres

You can visit a Walk-in Centre for free health care for non-life-threatening injuries and illnesses such as:

- common colds and flu
- conjunctivitis
- cuts, abrasions, bruises, burns
- sinusitis, tonsillitis, middle and outer ear infections
- ear wax removal
- emergency contraception
- skin sores and conditions
- simple limb injuries, including some fractures.



Walk-in Centres are open from 7.30am to 10pm, every day of the year. You don't need to make an appointment, just come on in.



Find a Walk-in Centre near you:

- Belconnen Walk-in Centre, 56 Lathlain Street.
- Inner North (Dickson) Walk-in Centre, Dickson Place.
- Tuggeranong Walk-in Centre, Corner of Anketell and Pitman Streets.
- Gungahlin Walk-in Centre, Ernest Cavanagh Street.
- Weston Creek Walk-in Centre, 24 Parkinson Street.

Find out more and check wait times at walkincentre.act.gov.au

Acknowledgement of Country



Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



Accessibility:

How to get this information in other ways.

To get this information:

- in large print
- to listen to
- in any other format

call (02) 5124 0000



If you need the translating and interpreting service

call 131 450

canberrahealthservices.act.gov.au/accessibility