

**Your child's**

**health care.**

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

**canberrahealthservices.  
act.gov.au**



**Canberra  
Health  
Services**



**ACT**  
Government

Your child's health care.



## Emergency department

Call '000' or go to the emergency department if your child 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 short-term care and long-term care for complex needs. If your child has multiple health needs, your GP can coordinate care.



If you don't have a GP already, you can find one through [findahealthservice.act.gov.au](https://findahealthservice.act.gov.au)



## Pharmacies

Community pharmacists do more than just give medication. They provide advice on treating common children's health issues, like pain and fever, rashes and teething as well as asthma planning and providing some immunisations. Services may vary between pharmacies.



## 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](https://www.healthdirect.gov.au)





## Canberra Health Services community care

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

Public community health services provide:

- Health promotion and education — to promote healthy behaviours and provide information on disease prevention, like the Children's Asthma Education Service.
- Specialised clinics and services — such as Maternal, Child and Family Health (MACH), nutrition, physiotherapy, dental and more.
- Preventive care and screenings — such as child development checks, childhood immunisations or the Children's Hearing Service.



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



Your child's health care.



## healthdirect

If your child is 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 your child needs.



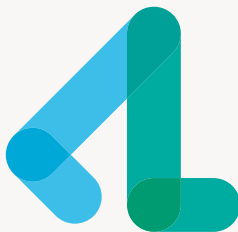
Visit [healthdirect.gov.au](https://www.healthdirect.gov.au) for more information.

## Walk-in Centres

If your child is one or older, you can take them to 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
- 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](http://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](http://canberrahealthservices.act.gov.au/accessibility)