

# Health helplines to have on hand these holidays.

With visitors returning to our region this summer, our local health services will be busy. Scan these QR codes to save the below services to your phone as handy contacts.



## Speak to a registered nurse

healthdirect telehealth

**1800 222 022** — 24/7 including public holidays

Professional health advice. GP phone or video consults also available in the after-hours period.



## GP consults + prescriptions

Healthy North Coast GP Telehealth (phone or video)

**1800 931 158** — 24/7 including public holidays

Same-day appointments with a telehealth GP.



## Medical emergencies

Visit your nearest hospital ED or call 000

Scan to save the link to our local hospital locations.

Please only use these services in the case of an emergency.

