

## Health Practitioners in NSW



### GENERAL PRACTITIONER (GP) – local family doctor

- **Remember to find bulk-billing GP. Not all GPs do bulk-billing**
- Ask someone in your community about **GPs who speak your language.**
- If you don't speak English well, **call TIS (interpreter) 131450 to make appointments with your doctor through an interpreter. You can request for an interpreter during your appointments too.**

### SPECIALISTS

- **If you need more tests or treatment, your GP may refer to a Specialist.**
- To see a specialist, you must have a **referral letter** from your GP and make an **appointment.**
- Ask your GP to refer you to a **public hospital clinic** to see a **Specialist for free by using your Medicare.** You will wait longer but it is free. Otherwise, you need to pay.



## **NURSES - EARLY CHILDHOOD REFUGEE and REFUGEE HEALTH**

- Nurses are **highly trained health professionals** in Australia. Some are **specialist nurses** such as **midwives** (for mothers and babies), **early childhood**, **mental health** and **refugee health**.
- **Early Childhood Refugee Nurses** can:
  - **free help to parents** to care for their babies and young children
  - give advice about **immunisations**
  - arrange **home visits**
- **Refugee Health Nurses** provides:
  - **free health check-up for recently arrives refugees**
  - refer to local GP
  - refer to other health services that can help you and your family, such as the dental clinic, women's health centre or children's health services.



## Health Service Providers in NSW



### PUBLIC HOSPITAL

- **Free** for people with a Medicare Card (when treated as a public patient).



NSW Refugee  
Health Service

### NSW REFUGEE HEALTH SERVICE

If you are a refugee or seeking asylum in Australia, you can get:

- a **free health assessment**
- education about health services in NSW
- information about GPs in your area

**Interpreters** are provided **free** of charge.



### **PUBLIC DENTAL CLINIC**

- You can have **free dental treatment** at the public dental services if you have a **Health Care Card** of **Pensioner Concession Card**, **OR**
- If you are under 18 years of age



### COMMUNITY HEALTH CENTRE

- Can help with health and social support such as **drug and alcohol, parenting skills, and counselling**
- May be a **small fee** for some services.

### WOMEN'S HEALTH SERVICE

- Give information and advice to women about women's health such as: **reproductive health, breast check, menstrual problems, domestic violence**

### CHILDREN'S HEALTH SERVICE

- Specialise in the health and development of children **0- 5 years old.**
- Early Childhood Refugee Nurse Program offers initial assessment of the child.
- Link parents to local support groups, playgroups
- Refer to appropriate services within the community



## MENTAL HEALTH SERVICE

- **STARTSS** (Service for the Treatment and Rehabilitation of Torture and Trauma Survivors) – help people from refugee background who have experienced traumatic experience before coming to Australia.
- **Transcultural Mental Health Centre** (TMHC) – help people from non-English speaking backgrounds who are having emotional or mental health problems. Their staff speak over 50 languages.
- Local **Mental Health Services** – for everyone
- All the above services are **free and confidential**.



## Questions:

1. Why is it better to see a bulk-billing GP?

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2. How can someone make an appointment with a doctor if she/he cannot speak English well?

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3. What are some examples of Specialist doctors?

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4. What services will a Refugee Health Nurse provide?

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5. Where can you go to get advice on women's health issues?

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6. If someone has experienced traumatic experience in the past, where can she/he go to get help?

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