

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

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?

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

3. What are some examples of Specialist doctors?

4. What services will a Refugee Health Nurse provide?



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

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