

Health Practitioners in VIC



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 prefer.**



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 - REFUGEE HEALTH and MATERNAL AND CHILD HEALTH (MCH)

- Nurses are **highly trained health professionals** in Australia. Some are **specialist nurses** such as **mother and child health, mental health and refugee health**.
- **Refugee Health Nurses** provides:
 - **free health check-up for recently arrived refugees**
 - refer to local GP and 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.
- **MCH Nurses** can:
 - **free help to parents** to care for their babies and young children
 - give advice about **immunisations**
 - arrange **home visits**

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.**

Health Service Providers in VIC



PUBLIC HOSPITAL

In Victoria, treatment in public hospitals is free to Australians and permanent residents of Australia including refugees – using Medicare. People seeking asylum without Medicare should not be charged unless for certain services.



REFUGEE HEALTH PROGRAM (formerly the Refugee Health Nurse Program)

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

- a **free health assessment**
- education about health services in VIC
- information about GPs in your area and referral to specialist



PUBLIC DENTAL SERVICES - Free dental treatment is available to:

- Anyone with a Health Care or Pensioner Concession Card
- Asylum seekers are exempt from fees for public dental services



COMMUNITY HEALTH

Provides a range services such as **health promotion, child health, drug and alcohol, dental, disability, refugee health.**

Small fees apply to some services.

WOMEN'S CLINIC

Give information and confidential service to women in areas such as: **reproductive health, family planning, breast check, menstrual problems, domestic violence**

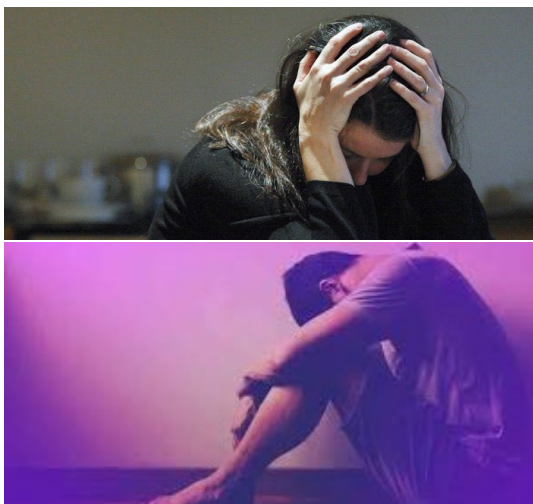
MATERNAL & CHILD HEALTH

- Free specialised service for children **under 6 years old**
- Link parents to local support groups, playgroups and other services



ADOLESCENCE AND YOUTH HEALTH

- **School nurses** (in some schools) – health assessment & education, information on healthy behaviour – drug and alcohol, tobacco, eating disorder etc, support community addressing issues facing young people & their families, link to services.
- **Youth Health Clinic** – free and confidential clinic for young people including sexual health, mental health, drugs



MENTAL HEALTH SERVICE

- **Foundation House** – help people seeking asylum and people from refugee background who have experienced traumatic experience before coming to Australia. Foundation House also offers support to young people from refugee background. Services are **free and confidential**.
- **Orygen** – specialist mental health services for young people age 15 to 25 in Melbourne West and North West.
- Local **Mental Health Services** – for everyone



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?
