

Health Practitioners in ACT



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 ACT



PUBLIC HOSPITAL

The Canberra Hospital (TCH) is the largest public hospital in our region. We provide care to more than 500,000 people through a range of [services](#) that include acute inpatient and day services, outpatient services, women's and children's services, paediatrics and pathology.

Our visiting hours are from 6am to 9pm daily.

Phone: **(02) 5124 0000**, 24 hours a day, 7 days a week



Canberra Health Services

Companion House

Works with people who have sought refuge in Australia from persecution, torture and war related trauma. We work with people who are newly arrived and longer term settlers.

We work with adults, young people and children. Most of the people we work with are asylum seekers or from a refugee background. We are a non-profit community based organisation.

Phone: **(02) 6251 4550**

PUBLIC DENTAL SERVICES - Free dental treatment is available to:

- Anyone with a Health Care Card
- Asylum seekers without access to a Health Care Card or former asylum seekers who are unable to work due to health conditions with disability and no access to a Health Care Card - for the duration of visa application processing time.



<https://health.act.gov.au/services-and-programs/find-health-service>



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



SCHOOL-BASED YOUTH HEALTH SERVICES

- For young people in secondary schools
- Provides **confidential** health education, information and advice



MENTAL HEALTH SERVICE

If you need immediate support and assistance, please call **Access Mental Health** on **1800 629 354** or **(02) 6205 1065**. Access Mental Health offer mental health services that are available 24 hours a day, 7 days a week. These services give you access to assessment and treatment services and offer advice and information on a range of mental health issues.

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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?
