



## IMPORTANT HEALTH SERVICES PHONE NUMBERS

SERVICE	PHONE NUMBER
<b>Healthdirect</b> – 24 hour health advice	<b>1800 022 222</b>
<b>Access Mental Health</b>	<b>1800 629 354</b> <b>(02) 6205 1065</b>
<b>Refugee and people seeking asylum health services</b> <ul style="list-style-type: none"><li>• Health assessments to newly arrived refugees (within 12 months)</li><li>• Referral to GP for completion of health assessment and ongoing care</li></ul>	<b>1800 635 566</b>
<b>Domestic Violence Help Line</b>	<b>1800 800 098</b>
<b>Victim Support Service</b>	<b>1800 842 846</b>
<b>Parent Helpline</b> – For parents in the ACT with concerns such as health, nutrition, behaviour and coping as a parent.	<b>(02) 6287 3833</b>
<b>Poisons Information Centre</b> – 24 hour help line if you, your child, a friend or a family member come in contact with a poison.	<b>13 11 26</b>