

The right care for you

Keep well for you, your whānau
and for your community



**Get help from
the right place**

Take care of you and your whānau
by knowing where to get help when
you're feeling sick or injured.



Family doctor

See your family doctor
for all non-urgent
health concerns.

- Long term illnesses
- Pain management
- Stubborn cold and cough



Healthline

Call 0800 611 116 for
free health advice from
a nurse.

- Available 24 hours,
7 days a week
- Interpreters available
- Health advice from
a nurse



Accident and Medical (A&M)

If your family doctor is
not available, go to your
nearest A&M clinic.

- Eye injuries
- Mild asthma
- Sports injury
- Minor illness



Hospital

If it's a life threatening
emergency call 111.

- Chest pain
- Head injury
- Severe blood lost
- Major accident

Know where to go: adhb.health.nz

Healthy communities – World-class healthcare – Achieved together
Kia kotahi te oranga mo te iti me te rahi o te hāpori

Helpful tips

Help! I'm feeling sick, where do I go?

Your family doctor plays an important role in keeping your family healthy. Call your doctor for health advice and to make an appointment.

What if I don't have a family doctor?

Ask your friends, family and neighbours if they can recommend one nearby. You can also find a family doctor (and see their prices) at www.healthpoint.co.nz

I can't get to the doctors, what should I do?

To seek immediate health advice, contact your family doctor or call Healthline on **0800 611 116** to speak to a nurse. It's free and available 24/7. If English isn't your first language, there are interpreters who can help.

I can't make it to the doctors during clinic hours, where should I go?

Your local Accident and Medical (A&M) clinic is open when your doctor is closed and you need urgent care. To find the closest A&M clinic to you, visit our website adhb.health.nz

When should I go to the hospital?

If you are seriously unwell and need emergency care go to Auckland City Hospital Emergency Department or call **111**.



Unsure where to go?

Call Healthline for free health advice from a nurse **0800 611 116**