

Tuesday, 19 December 2017

Business as usual for ISLHD during festive season

The community is being reminded that hospitals throughout the Illawarra Shoalhaven Local Health District (ISLHD) will remain open for emergency presentations and surgery during Christmas and New Year period.

Our Emergency Departments at Wollongong, Shellharbour and Shoalhaven Hospitals are open 24 hours, seven days a week throughout the year, including all public holidays.

ISLHD's Urgent Primary Care Centre at Bulli Hospital will be open as normal during the holiday period (daily 7am – 10pm). On the odd occasion, the unavailability of a doctor may see presentations directed to Wollongong Hospital for treatment.

For 24-hour health advice, the *healthdirect Australia* helpline can be accessed by calling **1800 022 222**. All calls to *healthdirect Australia* are answered by registered nurses, who are supported by up-to-date computer-based clinical resources, as well as an electronic directory of local services and facilities.

It is important to stress that people with a health emergency should still call Triple Zero (000), but for other health concerns *healthdirect Australia* is the number to call, at any time. Those requiring follow up treatment are advised where and when they can seek help.

Parents and carers are encouraged to take the health advice phone number with them while away from home during the Christmas holidays. The *healthdirect* website healthdirect.org.au also provides a range of health information.

A list of local General Practitioners (including those available after hours) is available on the National Health Services Directory at nhsd.com.au. The Radio Doctor Illawarra also provides an after hour doctor service in the Illawarra Region (from Scarborough to Gerroa) – call **4228 5522**.

If you, or someone you know, is experiencing a mental health issue you can phone the state-wide Mental Health Line on **1800 011 511**. You can speak with a professional who can direct you to the right care.

People needing assistance can also contact:

Lifeline on **13 11 14** for 24/7 crisis support

Beyond Blue on **1300 224 636** for 24/7 mental health advice and information

If in an emergency and in need of immediate assistance, please contact emergency services on Triple Zero (000).