



DO YOU NEED TO SEEK HEALTH ADVICE?

SUMMER HEALTH GUIDE 2023/24

MEDICAL EMERGENCIES

For urgent medical attention, **always call 111 first.**

HEALTHLINE

You can get free medical advice from a clinician 24/7 via Healthline on **0800 611 116.**

MENTAL HEALTH & WELLBEING

Free call or text **1737** anytime for support from a trained counsellor. Other options include Youthline (**0800 376 633**, free text **234**, or email talk@youthline.co.nz, or online chat), Suicide Crisis Helpline (**0508 828 865**), or visit areyouok.org.nz.

RURAL HOSPITALS

Dunstan Hospital (Clyde) does **NOT** have an emergency department; access is via an ambulance or GP. Lakes District Hospital (Queenstown) and Oamaru Hospital have a 24/7 emergency department.

GENERAL PRACTICE

For an in-person visit with a GP or nurse, find nearby practices at healthpoint.co.nz. If possible please call ahead. After-hours services are available via a phone consultation.

PHARMACY

Your local pharmacist can help with advice and direct you to further medical attention if needed. Locate your nearest pharmacy at healthpoint.co.nz/pharmacy/.

PHONE CONSULTATIONS

Many providers offer telehealth or virtual (phone-based) GP consults. Ka Ora Telecare is available for NZ, Australia, or UK citizens visiting Queenstown/Wanaka/Central Otago between 5pm and 8am - visit www.kaora.nz.

PHYSIOTHERAPY

A doctor's referral is not required and all ACC injuries can be lodged directly with your Physiotherapist. Find a Physio at healthpoint.co.nz/search?q=Physiotherapy.

URGENT DENTISTS

Find a list of available urgent dentists at healthpoint.co.nz.