

# Winter Wellness

Travelling around this winter? Staying home?  
Know where to find help in Otago and Southland this winter.



## Be prepared

Book your flu vaccines here: <https://app.bookmyvaccine.health.nz/>

## Healthline

Free 24/7 medical advice at **0800 611 116**.

## Is it after hours?

- If you need healthcare advice after hours while on holiday, call your general practice. From there you will be advised the next steps.
- You can also call Healthline for free on 0800 611 611 even if you are not enrolled.

## Find a doctor or nurse near you

Find nearby medical centres on [healthpoint.co.nz](http://healthpoint.co.nz)

Call first to book, find out the opening hours and fees. Remember:

- Subsidies won't apply at a practice you are not enrolled in.
- Many centres don't offer walk-in appointments; please call first.

## Telecare in rural parts

Talk to a doctor or nurse by phone or video.

- Ka Ora is a free service for rural areas. Call **0800 2 KA ORA** or 0800 252 672 (charges may apply for GP advice).
- Online GP is a NZ-subsidised telehealth service. Go to [www.info.health.nz/online-gp-care](http://www.info.health.nz/online-gp-care)

## Pharmacy

Pharmacists help with a range of healthcare advice and medications. Find a nearby pharmacy at [healthpoint.co.nz](http://healthpoint.co.nz) (search “pharmacy”).

## Physiotherapy

Back pain, sprain or joint injury? No referral is needed. Find your nearest physio at [www.healthpoint.co.nz](http://www.healthpoint.co.nz) (search “physiotherapy”).

## Mental health and wellbeing

- Free call or text **1737** for support.
- Youthline: **0800 376 633**, free text **234**, or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz).
- Suicide Crisis Helpline: **0508 828 865 (0508 TAUTOKO)**
- Visit Are You OK? [www.areyouok.org.nz](http://www.areyouok.org.nz)

## Urgent dentists

Find a nearby urgent dentist: at [healthpoint.co.nz](http://healthpoint.co.nz) search “urgent dental”, “Dental Emergency?”.

## Hospitals with emergency departments

- Lakes District Hospital, Queenstown
- Oamaru Hospital
- Southland and Dunedin Hospitals
- Gore Hospital

**Always call 111 for urgent medical attention**