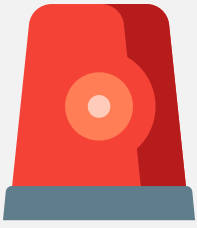


Helpful Phone Numbers



EMERGENCY

000

Poisons Information	13 11 26
SES	13 25 00
Home Doctor Service	13 74 25
Healthdirect	1800 022 222
COVID-19 Helpline	1800 020 080
Medicines Line	1300 633 424



HEALTH AND WELLBEING

Heart Health Australia	13 11 12
Kidney Health Australia	1800 454 363
Arthritis Australia	1800 011 041
Australian Hearing	13 44 32
Cancer Council Australia	13 11 20
Continence Helpline	1800 330 066
Dementia Helpline	1800 100 500
National Stroke Foundation	1800 787 653
Lifeline	13 11 14
Suicide Call Back Line	1300 659 467
Beyond Blue	1300 224 636
Anxiety Information Line	1300 794 992
Veterans Counselling	1800 011 046



AGED CARE SUPPORT

My Aged Care	1800 200 422
Centerlink Older Australians	13 23 00
Dep. of Veterans Affairs	1800 838 372
Services Australia (ITF)	1800 227 475
COTA Australia	02 6154 9740
LASA	1300 111 636



COMPLAINTS

Older Persons Advocacy Network	1800 700 600
Health Fraud Online	1800 829 403
Commonwealth Ombudsman	1300 362 072
Aged Care Complaints Investigation	1800 951 822



CARERS

Carer Gateway	1800 422 737
Carer Advisory Helpline	1800 242 636
Palliative Care Advice Service	1800 360 000
Disability, Sickness and Carers Line	13 27 17

Find a carer...



Mable	1300 736 573
Find A Carer	1300 177 877
Care Seekers	1300 765 465
Like Family	1800 545 332



Trilogy Care
1300 147 601

Free translation services are available at:

TIS National



13 14 50