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Minor Injury/Minor Illness

ACT Health Walk in Centres

Open 7.30am to 10pm daily every day of the year, including Christmas Day and New Year's Day at Tuggeranong and Belconnen. More centres will be opening in 2018.

walkincentre.act.gov.au

Tuggeranong Walk-in Centre

Tuggeranong Community Health Centre

Cnr Anketell and Pitman Streets, Tuggeranong, ACT.

Belconnen Walk-in Centre

Belconnen Community Health Centre

cnr Lathlain and Cohen Streets, Belconnen, ACT.

Health Direct Australia

24/7 health telephone advice line, speak to the registered nurse

Phone: 1800 022 222.

Public Hospitals

Calvary Public Hospital

Mary Potter Circuit, Bruce, ACT.

Phone: (02) 6201 6111

Priority: 1300 422 567

Canberra Hospital

Yamba Drive, Garran, ACT.

Phone: (02) 6244 2222

Priority: 1300 422 567

Queanbeyan Hospital

Erin Street and Collett Street, Queanbeyan, NSW.

Phone: (02) 6298 9211

Bulk Billing GPs

Find a Bulk Billing GP by calling 1800 BULK BILL (1800 285 524) or visiting 1800bulkbill.com.au. GPs not listed here may bulk bill certain patients.

Northside, Belconnen & Gungahlin

Dickson Health Centre

Antill Street Dickson, ACT.

Phone: (02) 6248 6677

Open Monday to Friday 8.30am to 5pm

Ginninderra Medical Centre

Nettlefold Street and Coulter Drive, Belconnen ACT.

Phone: (02) 6112 7111

Open Monday to Friday 7am to 10pm; Weekends and Public Holidays 8am to 10pm

Marketplace Medical Centre Gungahlin

33 Hibberson Street, Gungahlin ACT

Phone: (02) 5100 8788

Open Monday to Friday 8:30am to 8:00pm; Saturdays 9:00am to 5:00pm, Sundays 10:00am to 3:30pm

Moses Family Practice

Unit 110 / 227 Flemington Road, Franklin ACT.

Phone: (02) 6241 6897

Open Monday to Friday 8.30am to 5pm

My Medical Practice Charnwood

7 Charnwood Pl, Charnwood ACT

Phone: (02) 6258 0006

Open Monday to Friday 8:00am to 7:00pm; Weekends 9:00am to 5:00pm

My GP Gungahlin

Shop 113 / 43 Hibberson Street, Gungahlin ACT.

Phone: (02) 6255 6000

Open Monday to Friday 9:00am to 8:00pm; Saturday 9:00am to 5:00pm; Sunday and Public Holidays 9:00am to 4:00pm

National Health Co-Op

Membership required, see www.nhc.coop. Call (02) 6178 0400 for all appointments in the ACT.

Belconnen

1/30 Totterdell Street, Belconnen ACT

Open 8:30am-5pm Monday to Friday

Charnwood

20 Cartwright St, Charnwood ACT

Open 8:30am-5pm Monday to Friday; Saturday 9am-2pm

Evatt

8 McClure Place, Evatt, ACT

Open 8:30am-5pm Monday to Friday

Higgins

9 Higgins Place, Higgins ACT

Open 8:30am-5pm Monday to Friday

Kippax

Kippax Fair Shopping Centre (Inside mall opposite The Coffee Club), Hardwick Crescent,

Open 8:30am-5pm Monday to Friday; Saturday 12pm-6pm

Macquarie

Shops 4 & 5 Macquarie Place, Macquarie ACT

Open Monday 8:30am-9pm; Tuesday to Thursday 8am-9pm; Friday 8am-5pm

Scullin General Practice

Shop 1 / Scullin Place, Scullin ACT.

Phone: (02) 6278 3488

Open Monday to Friday 9am to 5pm

Southside & Tuggeranong

Kambah Medical Centre

37 Jenke Circuit, Kambah ACT.

Phone: (02) 6231 6068

Open Monday to Friday 8:30am to 5:30pm; 8:30am to 12:30pm

Hyperdome Medical Centre

Cnr Anketell and Reed Street, Tuggeranong ACT.

Phone: (02) 6293 3233

Open Monday to Friday 8am to 9pm; Weekends 9am to 4pm

National Health Co-Op

Membership required, see www.nhc.coop. Call (02) 6178 0400 for all appointments in the ACT.

Chisholm

26 Benham Street, Chisholm ACT

Open 8:30am-5pm Monday to Friday; Saturday 9am-2pm

Wanniassa

2 Sangster Place, Wanniassa ACT

Open 8:30am-5pm Monday to Friday

Queanbeyan

Riverside Medical Centre

131 Monaro Street, Queanbeyan NSW.

Phone: (02) 6299 6633

Open Monday to Friday 9am to 8pm; Weekends 9am to 5pm

After Hours Medical Services

National Home Doctor Service (Bulk Billed Home Visits)

Monday to Friday from 4pm. Saturday, Sunday & Public Holidays from 10am.

Phone: 13 SICK (13 74 25)

homedoctor.com.au

CALMS (Canberra After Hours Locum Medical Service)

Phone: 1300 4 CALMS (1300 422 567) for all locations.

Bruce - Bruce Calvary Hospital, Day Services Building, Mary Potter Circuit, Bruce, ACT.

Monday to Friday: 8pm – 11pm

Saturday, Sunday and Public Holidays: 10am – 11pm

Garran - The Canberra Hospital, Yamba Drive, Garran, ACT.

Monday to Friday: 8pm – 11pm

Saturday, Sunday and Public Holidays: 10am – 11pm

Tuggeranong - Tuggeranong Community Health Centre, cnr of Anketell & Pitman Streets, Tuggeranong, ACT.

Saturday, Sunday and Public Holidays only: 2.30pm – 5.30pm

Youth Health / Support Services

The Junction Youth Health Service

Cnr Cooyong St and Scotts Crossing, Civic.

Phone: (02) 6232 2423

Monday to Friday: 9.30am to 5.30pm

*Provides free primary health care and support services for young people aged 12 - 25 years. Services include GPs, nurses, paediatric care, antenatal care, a smoking cessation clinic, counselling, youth worker support and outreach programs in schools and to individuals.

Headspace

A variety of workers and services that young people (12 – 25) can use, including youth mental health workers, alcohol and drug workers, psychologists and private practitioners.

Canberra: 170 Haydon Drive Level B, Building 18, University of Canberra, ACT.

Phone: (02) 6201 5343

Monday: 9am - 5pm; Tuesday 9am - 7pm; Wednesday: 11am - 5pm

Thursday: 9am - 7pm and Friday 9am - 5pm

Queanbeyan: 8 Monaro Street, Queanbeyan, New South Wales

Phone: (02) 6298 0300

Monday – Wednesday and Friday: 9am - 5pm; Thursday: 11am - 7pm

Sexual Health / Support Services

Aids Action Council

Havelock House, 85 Northbourne Ave, Turner ACT.

Phone: (02) 6257 2855

Monday to Friday: 9am - 5pm

Canberra Sexual Health Centre (CSHC)

Building 5, Level 1, Yamba Drive Garran, ACT.

Phone: (02) 6244 2184

Monday, Tuesday, Thursday and Friday: 9am - 2pm

Wednesday: 1.30pm - 3.30pm

Women's Health Service

Level 1, 1 Moore St, Civic. (Clinics operate all over Canberra)

Phone: (02) 6205 1078

Monday to Friday: 8.45am to 4.45pm - excluding Public Holidays.

Closed between the Christmas and New Year period.

Mari Stopes International – Reproductive Health Care Services

*Offer a full range of sexual and reproductive health care, including pregnancy counselling, medical and surgical abortion, contraception, STI testing and treatment, cervical screening and vasectomy.

Level 1 ACT Health Building, cnr Moore and Alinga St, Canberra, ACT

Phone: 1800 003 707 (Free call)

Wednesday to Friday: 7.30am – 2pm

Email: canberra@mariestopes.org.au

Sexual Health and Family Planning ACT (SHAFP ACT)

Level 1, 28 University Ave, Canberra, ACT.

Phone: (02) 6247 3077 to book an appointment

* Concession rates are available to young people 21 years or younger, full-time students and Centrelink HealthCare/Pensioner/

Concession holders.

Clinical Services for People with Disabilities

* SHAFP ACT Sexual and Reproductive Health Clinic offers a holistic, confidential and respectful service.

Level 1, 28 University Ave, Canberra, ACT

Phone: (02) 6247 3077

Monday: 8.30am – 5pm; Tuesday: 9am – 5pm; Wednesday: 9am – 6.30pm; Thursday 9am – 5pm; Friday: CLOSED

Pregnancy Information and Counselling Services

Sexual Health and Family Planning ACT, Level 1, University Ave,
Canberra, ACT

Phone: (02) 6247 3077

Monday: 8.30am – 5pm; Tuesday: 9am – 5pm; Wednesday: 9am – 6.30pm; Thursday: 9am – 5pm and Friday: CLOSED.

Canberra Rape Crisis Centre

Phone: (02) 6247 2525 for support between 7am and 11pm, and all counselling related enquiries, including all appointments and referrals.

Text Only: 0488 586 518

Email: crcc@crcc.org.au

SAMSSA (Service Assisting Male Survivors of Sexual Assault)

Phone (02) 6287 3935 (Monday to Friday: 9am – 5pm)

Phone: (02) 6247 2525 (CRCC Crisis and Counselling support line)

Sexual Assault and Child Abuse Team (SACAT)

* Forensic and Medical Sexual Assault Care (FAMSAC) is located at the Canberra Sexual Health Centre located at Canberra Hospital. Phone (02) 6244 2184 or call the Canberra Hospital switchboard on (02) 6244 2222.

PO Box 401, Canberra City, ACT.

Phone: 13 14 44 (ACT Police)

Public Dental Services

All ACT residents aged 18 & over who are a primary holder of a current Centrelink issued Pension Concession or Health Care card are eligible to receive treatment. For all appointments at any location, call (02) 6207 9977. After hours call (02) 6205 1653 (recorded information line)

Belconnen Dental Clinic

56 Lathlain Street, Belconnen

Civic Dental Clinic

Level 1, 1 Moore Street (cnr Alinga St), Canberra City

Gungahlin Dental Clinic

cnr Ernest Cavanagh & Fussell Lane, Gungahlin

Philip Dental Clinic

cnr Corinna & Keltie Streets, Phillip

Tuggeranong Child & Youth Dental Clinic

cnr Anketell & Pitman Streets

Mental Health

Crisis Assessment and Treatment Team (CATT)

* The Crisis Assessment and Treatment Team (CATT) is a 7 day, 24 hour outreach service. Their role is to provide a highly accessible and responsive acute mental health assessment and treatment service in the most appropriate setting.

Phone: 1800 629 354 (24 hr service) or (02) 6205 1065

Lifeline

* If you feel you might need telephone counselling, you can call about anything that might be troubling you. Or call if you feel you, or someone you know, may be at risk or just need someone to listen...

Phone: 13 11 14 (24/7 Crisis Line)

Ozhelp Foundation

* A workplace based early intervention organisation supporting apprentices & workers in the Construction & Building Industry that deal with stress, depression, nutrition, suicide, alcohol & many others.

Unit 6&7, 41-45 Tennant Street, Fyshwick, ACT.

Phone: 1300 OZHELP (1300 694 357) or (02) 6251 4166

info.act@ozhelp.org.au

ACT Helpline

* The ACT Helpline is a free and confidential service providing mental health information, support and referral advice. All Helpline volunteers are 'peers', people who have a lived experience of mental health issues. The new telephone support service for the ACT community is available Monday to Friday from 5 to 9pm, with extended hours from 9am to 5pm in the near future.

Phone: (02) 6246 7180

helpline@mifellowship.org

Other Useful Contacts

Alcohol & Drug Information Service

Phone: (02) 6207 9977

Available every day 8am - 5pm.

ACT Gambling Counselling and Support Service

* The ACT Gambling Counselling and Support Service can help with gambling issues, relationships and finances. Available 24 hours a day, seven days a week.

Phone: 1800 858 858 (free call)

Quitline

*Provides specialist information on how to quit smoking, 24/7.

Phone: 13 QUIT (13 78 48)