

MY EMERGENCY PLAN

Are you worried about a change in your health
or the health someone you're caring for?

In an emergency call 000

WHAT TO DO

Talk to someone who knows
about your health

Tell them what you are
worried about

You could also call

WHO TO CALL

Your doctor: Ph:

Your case manager:

Adahps hours are: 8.30am - 4.30pm

Interpreter service if needed: 9515 0030

Mental Health Help Line: 1800 011 511

Lifeline: 13 11 14

Carer support line: 1800 422 737