

Know the right treatment option for you.

When you need medical care or advice, there are a range of care options available. By accessing the right option, you can help ease the pressure on our health system.



SELF-CARE

You can treat minor cuts, grazes, bruises, sprains and coughs at home.



HELP AND ADVICE

Call Healthdirect on **1800 022 222** for advice from a registered nurse, or COVID@homeplus on **1800 973 363** for advice and management of COVID-19 and flu symptoms.



MENTAL HEALTH CARE AND SUPPORT

Call Access Mental Health on **1800 332 388** or Lifeline on **13 11 14**.



PHARMACIES

Pharmacists can give advice and treatment for minor illnesses and ailments.



GENERAL PRACTITIONERS (GPs)

Visit a GP for all your routine, preventative and non-emergency healthcare.



MEDICARE URGENT CARE CLINICS (UCCs)

Your local UCC treats minor fractures, sprains, infections, cuts, and more.



EMERGENCY CARE

Call **000** or go to your nearest ED for all serious and life-threatening conditions.



If you're still not sure where to go, call Healthdirect on **1800 022 222** or visit health.tas.gov.au/rightcare