

The right care for you

Keep well for you, your whaanau
and for your community



Get help from the right place

Take care of you and your whaanau
by knowing where to get help when
you're feeling sick or injured.



Family doctor

See your family doctor
for all non-urgent
health concerns.

- Long-term illnesses
- Pain management
- Stubborn cold and cough



Pharmacy

See your local
pharmacy for advice on
medication and minor
health concerns.

- Colds and coughs
- Minor health issues
- Flu vaccinations



Healthline

Call 0800 611 116 for
free health advice from
a nurse.

- Available 24 hours,
7 days a week
- Interpreters available
- Health advice from
a nurse



Accident and Medical (A&M)

If your family doctor is
not available, go to your
nearest A&M clinic.

- Eye injuries
- Mild asthma
- Sports injury
- Minor illness



Hospital

If it's a life threatening
emergency call 111.

- Chest pain
- Head injury
- Severe blood loss
- Major accident

Helpful tips

Help! I'm feeling sick, where do I go?

Your family doctor plays an important role in keeping your family healthy. Call your doctor for health advice and to make an appointment.

What if I don't have a family doctor?

Ask your friends, family and neighbours if they can recommend one nearby. You can also find a family doctor (and see their prices) at www.healthpoint.co.nz

I can't get to the doctors, what should I do?

To seek immediate health advice, contact your family doctor or call Healthline on 0800 611 116 to speak to a nurse. It's free and available 24/7. If English isn't your first language, there are interpreters who can help.

I can't make it to the doctors during clinic hours, where should I go?

Your local Accident and Medical (A&M) clinic is open when your doctor is closed and you need urgent care. To find the closest A&M clinic to you, visit our website countiesmanukau.health.nz

When should I go to the hospital?

If it's a life threatening emergency, call 111. The Middlemore Hospital Emergency Department is for life-threatening conditions.



Unsure where to go?

Call Healthline for free health advice from a nurse 0800 611 116