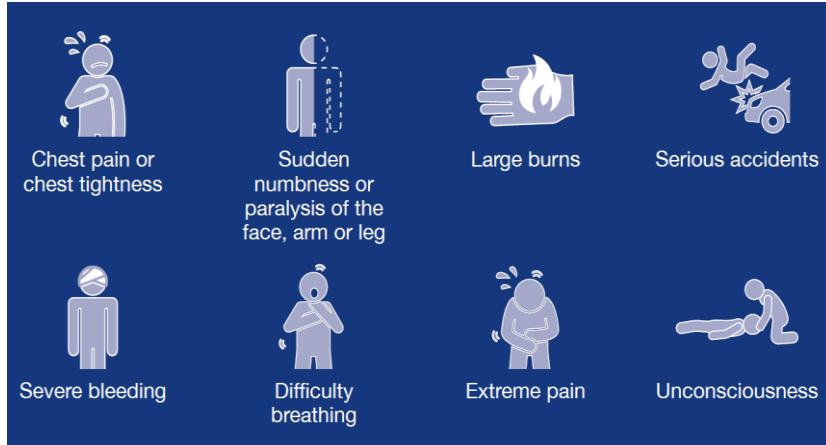


## Always call Triple Zero (000) in an emergency







An emergency is an immediate, life-threatening situation requiring an ambulance and may include:



Not sure if your situation is an emergency? Call Triple Zero (000) and the call-taker will direct you.

## When it's not an emergency, there are alternatives such as:

<p><b>Local GP</b></p> <p>If you have a minor injury, feel unwell or have a general health concern, make an appointment to see a doctor</p> <p><b>Wedderburn Health Clinic</b></p> <p>25 Wilson St, Wedderburn Vic 3518 Phone: (03) 5494 3511</p> <p><b>Boort Medical Centre</b></p> <p>2 Couatts St, Boort Vic 3537 Phone: (03) 5451 5220</p> <p><b>Marong Medical Centre (Inglewood)</b></p> <p>8 Hospital St, Inglewood Vic 3517 Phone: (03) 5438 3308</p> <p><b>Bush Nursing Centre</b></p> <p>A not for profit community health service. Staffed by nurses and other visiting allied health professionals, services include nursing and a fortnightly Maternal and Child Health service.</p>  <p>21 King St, Dingee Vic 3571 Phone: (03) 5436 8309</p>	<p><b>District Hospital</b></p>  <p>INGLEWOOD &amp; DISTRICTS HEALTH SERVICE</p> <p>3 Hospital Street, Inglewood Victoria, 3517 Ph: (03) 5431 7000 Fax: (03) 5431 7004 Email: admin@idhs.vic.gov.au</p>  <p>31 Kiniry Street, Boort Victoria, 3537 Phone: (03) 5451 5200 Fax: (03) 5455 2502 Email: admin@bdh.vic.gov.au</p> <p><b>AED</b></p>  <p><b>Your nearest AED is:</b></p> <hr/>	<p><b>Pharmacist</b></p> <p>Your local pharmacist can give health care advice and support for use of medications, as well as answer your general health questions</p> <p><b>Wedderburn Pharmacy</b></p> <p>71 High St, Wedderburn VIC 3518 Phone: (03) 5494 3309</p> <p><b>Opening hours</b> Monday- Friday: 9:00am-5:30pm Closed: Weekends &amp; Public holidays</p> <p><b>Boort Community Pharmacy</b></p> <p>108-112 Godfrey St, Boort VIC 3537 Phone: (03) 5455 2044</p> <p><b>Opening hours</b> Monday- Friday: 9:00am-5:30pm Saturday: 9:00am-12:00pm Closed: Sunday &amp; Public holidays</p> <p><b>Inglewood Pharmacy</b></p> <p>30-36 Brooke St, Inglewood 3517 Phone: (03) 5438 3021</p> <p><b>Opening hours</b> Monday- Friday: 9:00am-5:30pm Saturday: 9:00am-1:00pm Closed: Sunday &amp; Public holidays</p>
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### Poisons

Provides 24/7 information and first aid advice for when someone has been poisoned, overdosed or made a mistake with their medication. VPIC can also help if someone has been bitten or stung by marine animals, snakes, spiders or insects.



### Nurse On-Call

A telephone helpline that provides immediate expert health advice from a registered nurse, for the cost of a local or mobile phone call.



### Health Direct

Government funded service providing health information and advice  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)  
1800 022 222



### Lifeline

A telephone helpline that supports all Australians in times of crisis and equip individuals and communities to be resilient and suicide-safe.

24 hour crisis line 13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)



### Kids Helpline

Free 24/7, confidential and private counselling service specifically for children & young people 5-25 years



### Beyondblue

Provides information, skills and support to help everyone in Australia achieve their best possible mental health.

For 24/7 support call 1300 224 636.



### Alcohol & Drug

Free and confidential alcohol and drug counselling and referral in Victoria for yourself and family members via phone or online  
[www.directline.org.au](http://www.directline.org.au)



### Loddon Healthy Minds Network

Provides information and access to support groups for mental health issues related to residents of the Loddon Shire  
[www.loddonhealthyminds.com.au](http://www.loddonhealthyminds.com.au)



### Northern District Community Health

Provides information and access to community health professionals within in the Gannawarra, Loddon & Buloke shires.  
[www.ndch.org.au](http://www.ndch.org.au)



### Loddon Mallee Mental Health Carers Network

Provides information and support to and advocacy for the carers of person/s with a mental health issue in the Loddon Mallee region  
[www.lmmhnc.org.au](http://www.lmmhnc.org.au)  
1800 068 978



### National Disability Insurance Scheme

Provides information on national program of delivering services and support to people with permanent and significant disability in Australia  
[www.vic.gov.au/ndis](http://www.vic.gov.au/ndis)  
1300 488 226



### Loddon Campaspe Multicultural Services

A not-for-profit organisation that empowers people from migrant and refugee backgrounds to participate fully in Australian society  
[www.lcms.org.au](http://www.lcms.org.au)  
5441 6644



[www.ambulance.vic.gov.au](http://www.ambulance.vic.gov.au)



[www.loddon.vic.gov.au](http://www.loddon.vic.gov.au)



[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)