

13 HEALTH GP Helpline

Your medical needs can weather the cyclone with 13HEALTH. If you can't get an appointment with your regular doctor, 13HEALTH's registered nurses and doctors are available 24/7.

Stay safe, stay put, and call for:

- ✓ Medical advice anytime—for yourself or family.
- ✓ Guidance on prescriptions and medication access.


In response to Cyclone Alfred, from 8 March 2025 to 24 March 2025 consumers in Queensland can access the Healthdirect GP Helpline by calling 13 HEALTH.

Alternatively, consumers can directly contact Healthdirect on 1800 022 222 for support during this time.


 **Call 13 HEALTH (13 43 25 84) for trusted health advice, day or night.**


<https://www.qld.gov.au/health/contacts/advice/13health>

Health services are here to help during disasters!

 Check local health services & appointments on the Service Finder

<https://www.healthdirect.gov.au/australian-health-services>

 No script? Local pharmacies can temporarily dispense PBS meds without needing a new prescription (until March 31) – check the service finder for your nearest pharmacy. There is no need to see your doctor first.

 Need mental health support? Call 24/7 Lifeline on 13 11 14, Head to Health on 1800 595 212 (8:30am–5pm), or 13 YARN on 13 92 76 to talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

 **For emergencies, always call Triple Zero (000)**