

Online and Phone Services

HEALTHDIRECT 1800 022 222

24 hour advice from Nurses.
NOT SURE WHAT TO DO? Call HealthDirect.

NSW POISON HOTLINE 13 11 26

24 hour advice on poisons exposure.

NATIONAL DEMENTIA HOTLINE 1800 100 500

24 hours - Information, Support and Advice for
carers of people living with Dementia.

PREGNANCY BIRTH AND BABY 1800 882 436

Pregnancy through to 5yo. Speak to a Maternal
Health Nurse, 7am-7pm, 7 days per week.

KARITANE CARE LINE 1300 227 464

Monday–Thursday 8am-9pm
Friday 8am-4.30pm
Saturday 9am-3.30pm



After Hours Support

PENRITH AFTER HOURS DOCTORS (02) 4659 6364

This service provides reports back to Little Gem

Monday-Friday 6pm-12am
Saturday-Sunday 3pm-12am
All Public Holidays 3pm-12am

Shop 51/122 Station Street, Penrith
<https://pahdoctors.com.au/>

OAKDALE HEALTHCARE (02) 4659 6364

Telehealth consults from
Monday-Friday 7pm-11pm
for Wollondilly Patients
Monday-Friday 9am-5pm
Saturday 8.30am-2pm

Suite 5, 1520 Burragorang Rd Oakdale
<https://oakdalehealthcare.com.au/>

OUR MEDICAL HOME PENRITH (02) 4659 6364

Monday-Friday 7am-10pm
Weekends & Public Holidays 8am-10pm
2227 Wolseley Steet, Jamisontown
<https://www.ourmedical.com.au/medical-centres/penrith.com.au/>

Local Pharmacies

healthSave Pharmacy	(02) 4774 1013
Warragamba	
Choice Pharmacy Silverdale	(02) 4629 7122
Luddenham Pharmacy	(02) 4773 3188
Mulgoa Pharmacy	(02) 4773 8685
The Oaks Village Pharmacy	(02) 4657 1387

After Hours Pharmacies

PENRITH 24 HOUR CHEMIST (02) 4721 5527

Always Open - 24hours, 7 days a week
38 High Street, Penrith

MEDICINES R US (02) 4708 8700

Every Day 8am-10pm
Penrith Homemaker Centre
Off Mulgoa Road, Jamiesontown

Palliative Care Medications

CAMDEN PHARMACY FOCUS (02) 4655 8875

Monday - Friday 8 30am-6pm
Saturday 8 30am-4pm
Sunday 9am-2pm
91 Argyle St Camden



24/7 Mental Health Support

LIFELINE 13 11 14

24/7 Thinking of Self Harm? Call Lifeline.

SUICIDE CALL BACK SERVICE 1300 659 467

Free phone and online counselling.

NSW MENTAL HEALTH LINE 1800 011 511

Staffed by health professionals to offer advice,
perform assessments and make referrals.

KIDS HELPLINE 1800 551 800

5-25yo. A safe place for kids and teens to call.

1800 RESPECT 1800 737 732

Support people impacted by domestic, family or
sexual violence.

MENS HELPLINE 1300 78 99 78

Service aimed at supporting men.