

# ON THE PHONE

**Health Direct** 1800 022 222

DON'T KNOW WHAT TO DO NEXT?

Speak to a qualified Registered Nurse for advice, and support. They can guide you to afterhours services to use, until your GP is open. Available 24 hours.

## Helpful Hotlines

**Poisons Information** 131 126  
Information about poison, envenomation and exposure to chemicals. Available 24 hours.

**Mothersafe** 02 9382 6539  
Information about medication in pregnancy and breastfeeding. Available Weekdays, 9am-5pm.

**National Dementia Hotline** 1800 100 500  
Information, Support and Advice for carers of people living with Dementia. Available 24 hours.

## Mental Health

**Lifeline** 131 114  
Thinking of Self Harm? Call Lifeline 24 hours a day.

**NSW Mental Health Helpline** 1800 011 511  
Trained Mental Health Workers can help you access services and come up with a plan. Available 24 hours.

**Kids Helpline** 1800 551 800  
A safe place for kids to call, 24 hours a day.

## OTHER NUMBERS TO KNOW

Warragamba Police (02) 4774 1105  
Warragamba Fire (02) 4774 1222  
Penrith Police (02) 4721 9444  
Camden/Narellan (02) 4632 4499  
Police Assistance Line 131 444  
NSW Rural Fire Service 1800 679 737  
NSW SES 132 500  
Wires 300 094 737

LITTLE GEM MEDICAL

# CHECK IN WITH LGM

Do you need to follow up? Do you need to check in with your regular doctor? Book an appointment, and make sure to bring any paperwork or discharge summaries.

(02) 4742 2011

*Book Online or Email*

[service@littlegemmedical.com.au](mailto:service@littlegemmedical.com.au)  
[www.littlegemmedical.com.au](http://www.littlegemmedical.com.au)

### Hours

Monday-Friday  
8am-6pm

*Hours may vary, according to Doctor availability*

LITTLE *gem* MEDICAL 

Shop 3A, 2320 Silverdale Road  
Silverdale NSW 2752

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AFTER

HOURS

SERVICE

GUIDE

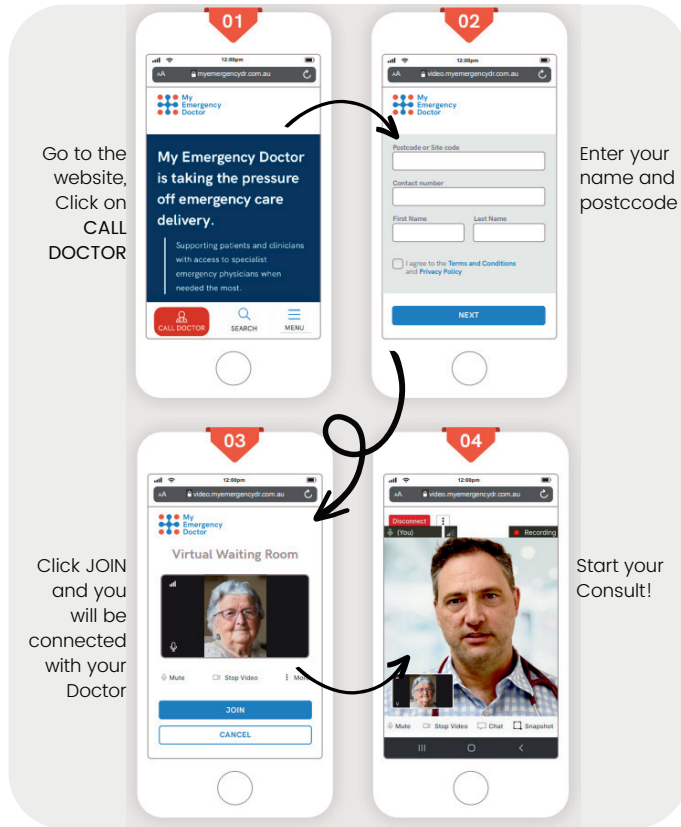


**ONLINE**

My Emergency Doctor is a telemedicine service providing access to an emergency specialist for acute medical conditions when a person's usual doctor isn't available and they're not sure if they need to go to an emergency department. GP.

Through funding from the South Western Sydney Primary Health Network, residents of South Western Sydney (Wollondilly, Camden & Campbelltown) can access the service after hours at no cost. A clinical summary, prescription, and referrals for tests can be emailed to your usual GP.

Go to [myemergencydr.com](http://myemergencydr.com) on your computer or smart phone & click on **CALL DOCTOR**, or **Call 1800 001 033**



Go to the website, Click on **CALL DOCTOR**

Enter your name and postcode

Click **JOIN** and you will be connected with your Doctor

Start your Consult!

# IN PERSON

## Penrith

**My Medical Home Penrith** (02) 8311 3888  
 Penrith Homemaker Centre  
 Off Mulgoa Road, Jamiesontown  
 NO BOOKING REQUIRED  
 7am-10pm Weekdays  
 8am-10pm Weekends & PH  
 Pharmacy and Imaging Onsite

**Penrith After Hours Doctors** (02) 4789 0229  
 Nepean Centro  
 Station Street, Penrith  
 NO BOOKING REQUIRED  
 6pm-12am Weekdays  
 3pm-10pm Weekends & PH

**Penrith Medical & Fitness** (02) 4736 6567  
 142 Bringelly Road, Kingswood  
 NO BOOKING REQUIRED  
 7am-7pm Weekdays  
 3am-4pm Weekends  
 Pharmacy Onsite

## Narellan/Campbelltown

**Our Medical Home** (02) 4736 6567  
 Gregory Hills  
 33 Village Circuit, Gregory Hills  
 NO BOOKING REQUIRED  
 7am-10pm Weekdays  
 8am-10pm Weekends & PH  
 Pharmacy and Imaging Onsite

**Narellan Medical & Dental** (02) 4789 0229  
 19 Queen Street, Narellan  
 NO BOOKING REQUIRED  
 8am-8pm Weekdays  
 8am-6pm Weekends  
 8am-4pm Public Holidays  
 Pharmacy Onsite

**Camden Healthcare Centre** (02) 4655 5777  
 37 John Street, Camden  
 NO BOOKING REQUIRED  
 8am-6pm Weekdays  
 8am-5pm Weekends

## After Hour Pharmacies

**Penrith 24 Hour Chemist** (02) 4721 5527  
 438 High Street, Penrith  
 Always Open - 24hours, 7 days a week

**Medicines R Us** (02) 4708 8700  
 Inside My Medical Home -  
 Penrith Homemaker Centre  
 Off Mulgoa Road, Jamiesontown  
 Everyday - 8am-10pm

**Campbelltown Medical Centre** (02) 4625 2481  
 296 Queen Street, Campbelltown  
 Everyday - 8am-10pm

**David Wilson Chemist** (02) 4640 8000  
 241 Queen Street, Campbelltown  
 Everyday - 8am-10pm

**Blooms Camden** (02) 4655 9370  
 148 Argyle Street, Camden  
 Weekdays - 8.30am-8pm  
 Weekends & PH - 9am-7pm

**EMERGENCY**  
 Can't Breathe? Can't Wait? Potentially unsafe moving someone to hospital? **Call 000 for an Ambulance**

**Nepean Hospital** (02) 4734 2000  
 Gate 7 Somerset Avenue, Kingswood  
 General Emergency and Paediatrics  
 Maternity (02) 4734 2295

**Campbelltown Hospital** (02) 4634 3000  
 Therry Road, Campbelltown  
 General Emergency and Paediatrics  
 Maternity (02) 4634 4099

**Westmead Children's** (02) 9845 0000  
 Cnr Hawkesbury Road &  
 Hainsworth Street, Westmead  
 Specialised Paediatric Emergency & Surgery

**Norwest Private** (02) 8882 8882  
 11 Norbrik Drive, Bella Vista  
 PRIVATE EMERGENCY  
 Need Emergency but don't want to wait? -  
 Norwest Private is fast, Out of Pocket Fee is \$390, which is waived for DVA GOLD Cards and BUPA Insured Patients

**Sydney Eye Hospital** (02) 9382 7111  
 8 Macquarie Street, Sydney  
 Specialised care for acute eye conditions and injuries