



**ACT**  
Government  
Health

# Which health service do I need?

	<p>Emergency Department 000</p>	<p>For serious illness or injury (like breathing problems, bleeding that doesn't stop, broken bones, head injuries, or chest pain), phone 000 for an ambulance or go to the Emergency Department at Canberra Hospital in Woden, or Calvary Hospital in Belconnen at any time (24 hours a day, seven days a week). <a href="http://www.health.act.gov.au/emergency">www.health.act.gov.au/emergency</a></p>
	<p>Local doctor or General Practitioner (GP)</p>	<p>For most health problems and health checks, phone your local doctor for an appointment. Doctors are open at different times. If you need help and your doctor is closed, phone Healthdirect on 1800 022 222 for doctors who provide after-hours services or home visiting services. <a href="http://www.health.act.gov.au/health-services">www.health.act.gov.au/health-services</a></p>
	<p>Walk-in Centres</p>	<p>For treatment of minor illness and injury, go to a Walk-in Centre between 7:30am and 10:00pm on any day (seven days a week). You don't need to make an appointment. There are Walk-in Centres in Belconnen and Tuggeranong. <a href="http://www.walkincentre.act.gov.au">www.walkincentre.act.gov.au</a></p>
	<p>Pharmacy or chemist</p>	<p>For advice about minor illness and injury, go to your local pharmacy. Pharmacies are open at different times. You don't usually need to make an appointment. <a href="http://www.health.act.gov.au/health-services">www.health.act.gov.au/health-services</a></p>
	<p>Healthdirect health information phone line 1800 022 222</p>	<p>If you don't know what to do about a health problem, or you don't know which health service to go to, phone Healthdirect on 1800 022 222 at any time (24 hours a day, seven days a week). <a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a></p>
	<p>Interpreter 131 450</p>	<p>If you need an interpreter to phone 000, Healthdirect, or another health service, first phone 131 450 at any time (24 hours a day, seven days a week). Over 160 languages are available. <a href="http://www.tisnational.gov.au">www.tisnational.gov.au</a></p>

For more health information for people from culturally and linguistically diverse backgrounds, visit [www.health.act.gov.au/multicultural](http://www.health.act.gov.au/multicultural)



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# 我需要哪種健康服務？

<p><b>緊急服務</b></p>	<p>急診部門 電話000</p>	<p>因嚴重疾病或受傷（例如呼吸問題、流血不止、骨折、頭部受傷或胸痛），可隨時（一週七天，每天24小時）致電000召喚救護車，或前往位於Woden的坎培拉醫院（Canberra Hospital）或位於Belconnen的加略山醫院（Calvary Hospital）的急診部門就診。 <a href="http://www.health.act.gov.au/emergency">www.health.act.gov.au/emergency</a></p>
	<p>當地醫生或全科 醫生（GP）</p>	<p>若為大多數健康問題及健康檢查，可致電當地醫生安排預約。不同醫生會有不同的看診時間。如果您需要幫助而剛好醫生的診所關門，可致電1800 022 222向Healthdirect查詢，以瞭解哪些醫生在非辦公時間應診或提供上門服務。 <a href="http://www.health.act.gov.au/health-services">www.health.act.gov.au/health-services</a></p>
	<p>免約醫療中心</p>	<p>若為治療輕微疾病或損傷，可在任何一天（每週七天）的早上7時30分至晚上10時之間，到免約醫療中心就診。這類診所不用預約。Belconnen和Tuggeranong均設有免約醫療中心。 <a href="http://www.walkincentre.act.gov.au">www.walkincentre.act.gov.au</a></p>
	<p>藥房</p>	<p>如欲獲得有關輕微疾病或損傷的意見，請到當地藥房向藥劑師諮詢。不同藥房的營業時間各有不同。您通常不用預約。 <a href="http://www.health.act.gov.au/health-services">www.health.act.gov.au/health-services</a></p>
	<p>Healthdirect健康 資訊電話專線： 1800 022 222</p>	<p>如果您不知道應當如何處理某個健康問題，或不知道應該接受哪種健康服務，請隨時（一週七天，每天24小時）致電1800 022 222向Healthdirect查詢。 <a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a></p>
<p><b>傳譯服務</b></p>	<p>傳譯服務 131 450</p>	<p>如果您需要傳譯人員替您打電話給000、Healthdirect或其他健康服務，您可以隨時（一週七天，每天24小時）先行致電131 450安排傳譯人員。該中心提供逾160種語言的傳譯服務。 <a href="http://www.tisnational.gov.au">www.tisnational.gov.au</a></p>

如需查詢更多可供不同語言文化背景人士使用的健康資訊，  
請瀏覽[www.health.act.gov.au/multicultural](http://www.health.act.gov.au/multicultural)