

# Free health services you should know about

**Funded by Central and Eastern Sydney Primary Health Network**

Central and Eastern Sydney Primary Health Network (CESPHN) is a not-for-profit organisation funded by the Australian government to improve the health of those who live in the area. CESPHN commissions the following services to meet the health needs of the local community.

These services are all free.

To find out about CESPHN visit: [www.cesphn.org.au](http://www.cesphn.org.au)



## Health and Community Service Directory

You can use CESPHN's Health and Community Service Directory to find the right health or support service for yourself or a family member. It can help you to better understand the programs, services and groups that are available near you. Most of these services are subsidised or free to the public.

<https://servicedirectory.cesphn.org.au>



## Urgent Care

An Urgent Care Service is a health service that provides short-term, one-off care for urgent health care needs that are not life-threatening. Medical care is provided for an illness or injury (such as mild infections, fractures and burns) that can be managed without visiting a hospital emergency department, but cannot wait for a regular appointment with a doctor.

Urgent Care Services are free for Medicare card holders and community-based asylum seekers.

These services are commissioned by CESPHN with funding from the NSW and Australian governments.



### Maroubra Urgent Care Clinic

806/812 Anzac Parade, Maroubra NSW 2035  
7.00 am to 10.00 pm. 7 days, including public holidays

### Belmore Urgent Care Service

479 Burwood Rd, Belmore, NSW 2192  
8.00 am to 8.00 pm. 7 days, including public holidays

### Caringbah Urgent Care Service

42 President Ave, Caringbah NSW 2229  
8.00 am to 8.00 pm. 7 days, including public holidays

### Carlton Urgent Care Clinic

354 Railway Parade, Carlton NSW 2218  
8.00 am to 8.00 pm. 7 days, including public holidays

### Green Square Urgent Care Service

4/965 Bourke St, Waterloo NSW 2017  
8.00 am to 8.00 pm. 7 days, including public holidays

## In an emergency:

**Call Triple Zero (000)**

or visit the nearest hospital emergency department.

## Not sure if your care is urgent?

**Call Healthdirect helpline on:  
1800 022 222.**

Urgent care is medical attention that is required within 2-12 hours for an illness or injury that is not life-threatening. If you need help faster than that (within 2 hours) your situation could be a life-threatening emergency.

## Multicultural Navigator Service

If you speak Mandarin, Cantonese, Arabic, Korean or Nepali, live in the areas of Canterbury, Strathfield-Burwood-Ashfield, Rockdale-Kogarah or Hurstville, and are between the age of 18 to 65, there is a new service for you. The Bilingual Health Navigator service will help people access health and social services in their spoken language. CESPHN has provided funding to Advance Diversity Services Limited to deliver the service, which aims to empower community members to connect with others and navigate and access health services and social support.



A team of part-time bilingual navigators provide one-on-one, in-language support to link clients into services to meet their needs.

This could include services addressing physical and mental health, financial counselling, housing, employment, gambling harm and loneliness.

People can reach out to talk to someone in their language and don't need a referral but the service will also accept referrals from GPs and other health professionals and community-based services.

This is a free service and a Medicare card is not required to access the service.

Call **02 9597 5455** to find out more.

Address: Suite 231, 7-11 The Avenue Hurstville, NSW 2220.

[www.advancediversity.org.au/](http://www.advancediversity.org.au/)

## Headstart

Headstart helps you find mental health support for you or someone you care for, including free and low-cost services available in-person and online. It is a mental health navigation tool connecting people with local service providers and information specific to their needs. Headstart is available to everyone living, working, or studying in central and eastern Sydney.

[www.headstart.org.au](http://www.headstart.org.au)



## Medicare Mental Health Phone Line

If you are looking for mental health services for yourself or someone you care about, the Head to Health Phone Line can provide advice and support. You will speak to a trained professional who will ask you a series of questions to determine the level of care you need and can link you into the right service to meet your needs. It is free, and no appointment or referral is needed.



Call **1800 595 212** - open 24/7.

[www.medicarementalhealth.gov.au/](http://www.medicarementalhealth.gov.au/)

## Medicare Mental Health Centres

Medicare Mental Health Centres are a free, safe and welcoming space for you to talk to someone if you, or someone you care about, are in distress or need help finding the right mental health support to meet your needs. No appointment or GP referral is required.

Call the Head to Health Phone Line on **1800 595 212** or go to the Canterbury Centre at Level 1, Suite 10 1205 Canterbury Rd Roselands NSW 2195.

## Headspace

headspace centres provide face-to-face and telehealth services to young people aged from 12-25 years and their families and friends. headspace can support with general health concerns, mental health concerns, alcohol and other drugs, and issues relating to work, school and study.

### Ashfield

260 Liverpool Road, Ashfield, New South Wales 2131  
Ph: (02) 9193 8000

### Bondi Junction

20 Bronte Rd, Bondi Junction, New South Wales 2022 Ph: (02) 9366 8800

### Camperdown

Level 2, Building K (Brain and Mind Centre),  
97 Church St, Camperdown, New South Wales 2050  
Ph: (02) 9114 4100

### Hurstville

Level 1, 8 Woodville Street, Hurstville, New South Wales 2220 Ph: (02) 8048 3350

### Miranda

5/522 Kingsway, Miranda, New South Wales 2228  
Ph: (02) 9575 1500