

Accessing support in the Festive Season

The festive season is fast approaching and there are a number of health services across the region that are available outside of business hours. For local western Sydney residents a list of free self-access health services available during this time can be found below.

Aimed at providing 24-hour health advice and information, Healthdirect provides a health service via the telephone on 1800 022 222. The after hours GP helpline can also be uploaded to a summary via My Health Record.

Additionally the National Health Service Directory (NHSD) is the leading source of health and related services information in Australia. A search for a local GP or pharmacist can be found on the website.

The below free services are accessible to all western Sydney residents, without the need for referral:

Connections Western Sydney Helpline is available 24 hours a day, 7 days a week, including the festive season. The helpline number is 1300 096 273.

Mindguide.org.au provides a range of self-help and mental health resources for people wanting to increase their understanding of what they or a family member may be experiencing.

Clevertar is an app where people can gain an understanding and learn more about managing their anxiety and depression. The app is free and can be downloaded from the App Store or Google Play and accessed using the code word wentwest.

Please also find a list of the general practice After Hours services that are available during the festive season on our website. To include your general practice or pharmacy, please complete the online survey to help us gain a clearer understanding of the primary care services available during this time. The survey closes on Friday 7 Decemeber.



Events

Webinar: Accessing the My Health Record via the National Provider Portal

Tuesday 11th December 2018

1:00pm - 2:00pm

Other News

Lecturer in General Practice University of Sydney

The University of Sydney is inviting applications for a 0.4FTE Lecturer position within the Department of General Practice at Westmead Clinical School. For more information on this teaching and research role, please visit the University of Sydney website.

GP Needs Survey

Western Sydney Primary Health Network (WSPHN) works toward creating a vision of healthier communities, empowered individuals, sustainable health care workforces and systems. We want to create more integrated and coordinated health care services in western Sydney communities. This survey helps us guide our service planning and design – it is completely de-identified unless you choose otherwise.

All contributors go into the draw to win one of five Fitbit Charge 2 wireless activity and sleep tracking wristbands.

The survey closes on Friday 30th November.

Pertussis Whooping cough alert

NSW Health is urging all pregnant women and new parents to be aware of the symptoms of whooping cough and to ensure they and their children are vaccinated on time. Patients with symptoms consistent with pertussis should be tested, and restricted from attending school, childcare, or work until pertussis is excluded or 5 days of appropriate antibiotic therapy have been completed.

For more information contact your local public health unit on 1300 066 055 or visit the [NSW pertussis website](#).

Contribute to smoking cessation for your community

General practices are required to take part in this short survey to provide feedback to help WSPHN and Cancer Institute NSW develop smoking cessation programs. Complete the online [survey](#).
