



## Emergency contacts

**Call '000' if you are very concerned and it is an emergency.**

On the emergency contact list below, make sure you have:

- at least one friend, neighbour or family member that you could call in an emergency \*(having 2 or 3 would be better)
- the phone number of the person's doctor or palliative care team
- at least one contact number for an after hours help line or service such as: the phone number for the after hours contact for the person's doctor/GP or an after hours number for the nursing service you are using

Name, role and organisation	Contact Number	Can I contact after hours? If so how?

