



Having all your contacts in one place makes it easy to find contact details and to know what their role is.

Name, role and organisation	Contact number	Next appointment, time and location	Can I contact after hours? If so how?



Emergency contacts

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 health worker.
- At least one contact number for an after hours help line or service such as the after hours phone number for the person's doctor or health worker, or an after hours phone number for the nursing service you are using.

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



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

Here for You (May 2022) by
Marrawuy Journeys artist Sarah Richards