

Who is in my healthcare team?

My General Practice is: Phone:

Address:

Where I go after hours: Phone:

My pharmacy is: Phone:

Who I can call in an emergency:

My patient portal is: ManageMyHealth / Health365 / MyIndici / ConnectMed / Vensa

My support team is: (include family/whānau, friends, specialist, nurses & so on.)

Name:	Role:	I can visit/ call/ text/ use social media:

Helpful services

Healthline 0800 611 116 for free advice from trained registered nurses.

Depression Helpline 0800 111 757 or text 4202 to talk to a trained counsellor about how you are feeling.

Phone or Text 1737 to talk to a trained counsellor for support with grief, anxiety, distress or mental wellbeing. Available 24/7.

Anxiety Line 0800 ANXIETY (2694 389) to talk to a trained therapist for support with all forms of anxiety. Available 24/7.

Take this to your next appointment and do your part for the team



