

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



Talking to my healthcare team



Communication is the key to being part of a team. It's a partnership. If your team doesn't know, it's hard for them to partner with you. Make sure that you tell them everything that is concerning you.

- Let them know if there are other non-health related things that are concerning you.
- You are welcome to bring a support person to your appointment if it helps you.
- Please ask if you need an interpreter/translator to help you.
- Let your healthcare professional know if they are not explaining things clearly, or if you are having any problems with your treatment or medicines.

Remember, your team is here to support you and make things easier for you!

The box below can be used to write down any progress, changes or questions you have become aware of. Together, you and your healthcare team are experts in getting the best results for you.