

MEDICAL CLINIC MILLICENT 8733 2200 **10 SHORT STREET**

Consultations: Monday 8am - 8pm
Tuesday to Friday 8am - 6pm
Saturday 8am - 12 noon

- Urologist - monthly, telehealth as required
- Cardiologist - monthly, telehealth as required
- Chronic care nurse - twice a week
- Dietician - fortnightly
- Health Assessments - weekly
- Hearing Tests - fortnightly
- Clinical lab Pathology - Monday to Friday 8am-5pm
Saturday 9-11am
- Optometrist - once a month
- Physiotherapist

CAFHS 1300 733 606

Child Adolescent Family Health based at Millicent & District Hospital. Clinic every Monday am. Early Parenting group in pm. Home visits 1- 4 weeks post natal.

SA DENTAL SCHOOL SERVICES 8733 3957

MILLICENT NORTH SCHOOL

All children 0-18 - Adults with SA concession cards

SPECIAL CARE DENTAL & ORTHODONTIST

Short Street **8733 3502**

HODGE DENTAL CLINIC 8733 2847

GLASSES SA OPSM 8725 7222

(concession card required)

YOUR PODIATRIST - SHORT STREET 8724 7777

PODIATRIST POD PLUS - GEORGE STREET 8361 8851

COUNTRY HEALTH CONNECT PODIATRIST 8733 4755

(Millicent Community Health)

PHYSIOTHERAPIST - THERAPY FOR LIFE 8724 8114

LIMESTONE COAST IMAGING ULTRASOUNDS

GENERAL 3D/4D 8725 6455

GLEN ST PHARMACY 8733 2059

MILLICENT CHEMIST & GIFTWARE 8733 2614

Blood Glucose Levels & Diabetic Education • Blood Pressure & weight • Flu Vaccinations • Parent & Baby Room - Scales available for weighing • Hire of Sleep Apnoea monitor (referral required) • Iron Deficiency Test • Delivery Service

MENTAL HEALTH

INTEGRATED MENTAL HEALTH TEAM 8721 1507

S.A. ADULT MENTAL HEALTH 131 465 **24HR CRISIS & EMERGENCY ASSISTANCE**

INTEGRATED MENTAL HEALTH 8721 1675 **INPATIENT UNIT**

COUNTRY HEALTH CONNECT 8733 4755

(Millicent Community Health)

Two psychiatrists consult at Millicent Community Health
Referral required from Mount Gambier Mental Health
Nurse Mon -Fri & Social Worker at Community Health

LIFE WITHOUT BARRIERS 8725 8081/0447 490 572

Drug & alcohol counselling

UNITING COMMUNITIES 8725 0443

Youth outreach counsellor and support worker resourced by Headspace. Free service for 12-25 year olds

MILLICENT MENTAL HEALTH & WELLBEING

Meets at Community Health Tues-Wed **0477 886 450**

MICAH PSYCHOLOGY 8733 2200

Medical Clinic Millicent

MENTAL HEALTH NURSE 8733 2200

Medical Clinic Millicent weekly

SUICIDE BEREAVEMENT SUPPORT 0437 752 458

Standby

LIMESTONE COAST GRIEF & TRAUMA HUB 87335102

0409 095 479

BEACHPORT MENTAL HEALTH SERVICES

0421 968 4813

FOCUSONE HEALTH 8582 3823

Social Workers & Counsellors deliver mental health support services, alcohol & drug counselling and education on healthy living programmes

ALCOHOLICS ANONYMOUS 1300 222 222

NARCOTICS ANONYMOUS 1300 652 820

Make the most of your local health services



MILLICENT & SURROUNDS HEALTH SUPPORT GROUP

A local initiative supporting
and advocating for the
improvement of health services

OCTOBER 2018

Millicent & Surrounds Health Support Group

Find us on Facebook or email: mashsginc@gmail.com

Printing costs courtesy of Millicent & District Health Advisory Council Inc

Accurate at time of printing



MILLICENT & DISTRICT HOSPITAL
8733 0100

Provides acute services ranging from in hospital care for adults and children by medical practitioners to surgical, medical, genealogical, outpatient services & transition to care packages.

- Accident & Emergency. Inpatient Admissions
- Cardiac, Respiratory, Neurological
- Musculo-Skeletal, Palliative Care
- Acute & chronic wound care / Infections
- Infusion therapy-iron, blood, low risk autoimmune
- Transition to Care Packages
- Benson Radiology Millicent & Mount Gambier

8726 7800

SURGICAL

General Surgery includes

- Mastectomy / Thyroidectomy
- Varicose Veins / Carpal Tunnel /Hernia
- Gynaecological Procedures including Hysterectomy
- Urology
- Colonoscopy / Endoscopy /Gastroscopy
- Minor Plastic Surgery
- Dental Surgery/Oral Maxillofacial surgery

Specialist Consulting Rooms / Visiting Specialists

- Breast / Endocrine
- Gynaecologist
- Pre-anaesthetic Clinic
- Community Midwife Service / Clinic

EMERGENCY NUMBERS

SA AMBULANCE BASED IN MILLICENT DIAL 000
FOR EMERGENCIES (24 HR SERVICE)
OR FOR ADMINISTRATION 1300 136 272

LIFELINE 131114
24 HR COUNSELLING SERVICE

SA ADULT MENTAL HEALTH SERVICES 131465
24 HR CRISIS & EMERGENCY

INTERNET BASED RESOURCES

<https://www.limestone.servicesdirectory.org.au/>
<http://www.thesoutheastjunction.org.au/resources>

COUNTRY HEALTH CONNECT 8733 4755

(Millicent Community Health)

- Aboriginal Health
- Palliative Nurse & Counselling
- Cardiac Nurse twice a month
- Continence Nurse as Required
- Dietician - twice a month
- Diabetic Education Nurse - weekly
- Respiratory Nurse - twice a week
- Women’s Health Nurse - twice a week
- Breast Care Nurse - as required
- Domiciliary Nursing Monday - Friday
- Social Worker - three times a week
- Drug & Alcohol Counselling - twice a month
- Hearing Aid Services - twice a month
- Speech Pathologist - once a week or as required
- Immunizations - 1st Wednesday of every month
- Occupational Therapy & Home Modifications - weekly
- In Home Support Services 7 days a week including home care and transitional care packages
- Virtual Clinical Care - Home based monitoring of vital signs to support chronic care management
- DVA Home Care Monday - Friday
- Rapid Intensive Brokerage Services, short term support to reduce hospital stay & plan early discharge.
- Social Support Groups including day care centre Monday - Friday
- Equipment Hire
- Podiatry

FITNESS

EMMA (EASY MOVES FOR ACTIVE AGING) 8721 1320

10am & Zumba at 9am in the Salvation Army Citadel & EMMA Wednesday 2.45 Physio Room at the Hospital

NJF WELLNESS CENTRE 0429 511 221 / 1300 890 507

Exercise Physiologist Service for people with chronic illness & injuries

TRANSPORT

PATS (PATIENT ASSISTED TRANSPORT) 8721 1551

Reimbursement for travel over 100kms from home to specialists not available locally

RED CROSS TRANSPORT

CAR AT COST 8725 3622

will transport to Mt Gambier / Naracoorte

VAN SEATS 10 8733 0904 / 8723 1459

from Millicent to Mt Gambier leaves Thurs 10am returns 3:30pm

AGED CARE ASSESSMENT TEAM [ACAT]

In home care, carers and meals on wheels etc

8733 4755 /1800 200 422

AGED CARE HOME SUPPORT SERVICES PACKAGES :

COUNTRY HEALTH CONNECT 8733 4755

(Millicent Community Health)

BOANDIK LODGE 8724 1251

RESTHAVEN 1300 136 633 / 8733 3311

RESIDENTIAL AGED CARE FACILITIES

BONEHAM AGED CARE SERVICES 8733 4331

SHEOAK LODGE 8733 0150

CARER SERVICES

RESPITE CARERS SA 8724 7188

CARERS SA 1800 815 549

Supported Accommodation & Day Options for Disabled

Class (Community Living Support Services) **8536 5888**

SE Contact **0400 502 925**

ACCOMMODATION IN ADELAIDE FOR THOSE NEEDING MEDICAL TREATMENT

FLINDERS LODGE Cancer Council 8291 4400

GREENHILL LODGE Cancer Council 8291 4200

ROSEMARY’S PLACE 0416 722 870

BLUINN SHORT STAY 0415 723 740

BRIDGESTONE AUSTRALIA LEUKAEMIA

FOUNDATION VILLAGE 1800 620 420

RONALD MCDONALD HOUSE Adelaide 8267 6922

OTHER SERVICES

BEACHPORT MEDICAL SERVICES 8735 8056

BEACHPORT PHARMACY 8735 8667

ROBE MEDICAL CLINIC 8768 2012

ROBE PHARMACY 8768 2417

KINGSTON HOSPITAL 8767 0222

KINGSTON MEDICAL CENTRE 8767 2024

KINGSTON PHARMACY 8767 2119