

CHOOSING THE RIGHT SERVICE



Self-Care

A large range of common illnesses and injuries can be treated at home with over-the-counter medicines and plenty of rest.

Minor cuts and grazes
Coughs and colds

Healthline

If you are feeling unwell, unsure or if you want health advice and guidance

Call Healthline 0800 611 116 or visit

www.healthnavigator.org.nz

The Health Navigator website gives reliable and trustworthy health information and self-care advice.



Pharmacies

Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to the GP or ED and save time and money.

No appointment is needed and most pharmacies have private consulting areas.

- Minor illnesses
- Headaches
- Stomach upsets
- Uncomplicated urine infections
- Scabies

Dunedin Urgent Pharmacy is open until 10pm, 7 days a week.



Mental health and Well-being at Student Health

MHWP clinicians are here to provide support to help you understand and manage any mental health concerns you are experiencing, including but not limited to:

- increased stress or anxiety levels
- poor sleep
- poor concentration
- low mood
- concerns around substance use

Initial appointments are free of charge and do not require a referral by another health care professional.



Primary Healthcare at Student Health

GPs, nurse prescribers, and nurses have an excellent understanding of general health issues.

Nurse prescribers and nurses can manage many common conditions without needing to see a GP.

- Vaccinations and special injections
- Contraception
- Minor illnesses/injuries
- Sexual health
- Skin problems
- Asthma, diabetes medications

GPs—Full spectrum primary care

- Persistent symptoms
- Long term conditions
- Complex medical issues
- Minor surgery
- Acute concerns



Urgent Care and Accident Centre (DUDAC)

Walk-in urgent GP care when you are unable to get an appointment with your regular GP.

- Breaks and sprains
- Urgent primary healthcare concerns



24 hr/7 days a week Emergency Services

ED and 111 Ambulance For emergencies only

- Serious or life threatening emergencies
- Acutely unwell with serious illness or injury
- Life-threatening event
- Breathing difficulties
- Severe chest pain

Emergency Psychiatric Service (EPS)

0800 467 846

Acute psychiatric needs if you or someone you know is not feeling safe.