



# DOES YOUR FAMILY HAVE A DOCTOR?

A Doctor is also known as a GP (General Practitioner)

## What does a Doctor do?

- They look after your physical health and wellbeing.
- They provide support for any social and emotional wellbeing problems you may be having.
- They help you manage your overall health care and will refer you to other specialists or health professionals if needed.

## How do I know if the Doctor is right for me and my family?

- You feel confident and comfortable in talking openly about personal information.
- You feel confident that they can explain information to you in a clear and easily understood way.
- You feel confident that they respect your culture, values and beliefs.
- You feel comfortable to speak openly about your family and relationships.

## Is it important to have a Doctor?

- Yes, having your own regular Doctor means that they can help you look after your health.
- They can get to know you and understand you.
- They can provide extra support and help with your health care needs.
- Having your own regular Doctor means you don't have to repeat information every time you see them.

## If I identify as being an Aboriginal and or Torres Strait Islander person, do I need to go to an Aboriginal Medical Service for my health checks?

- No, it is important to go to the Doctor that you feel most comfortable with. It is your choice what Doctor you see.
- If you don't feel like you are being treated well at your regular Doctors it is important to let the clinic know or try another Doctor that you feel more comfortable with.

## Where can I find a phone number and address of a Doctor?

- Health Direct provides a directory of GP clinics as well as other health information.  
<https://www.healthdirect.gov.au/>
- You can also visit a GP after hours clinic if you need a Doctor between 6pm and 11pm weekdays and 1pm - 11pm on Saturdays. Their phone number is **1300 130 147**
- For any emergency care, you should call **000** or visit the nearest hospital.
- Ask a friend or family member to help you find a local Doctor.