## YOUR NEXT STEPS TO RECOVERY IN THE

# LODDON SHIRE

### The following services are available 24 hours a day for anyone needing support

Lifeline	13 11 14
Kids Helpline	1800 551 800
Nurse on Call	1300 606 024
Suicide Line	1300 651 251
Sexual Assualt Crisis Line	1800 806 292
Gamblers Helpline	1800 156 789
Carers Support Services	1800 068 978
Family Violence Response Centre	1800 015 188
Mensline	1300 789 978
Maternal and Child Health Line	13 22 29

#### I'm in an emergency

# **Ambulance, Police, Fire** 000

#### I need a doctor

#### **Boort Medical Clinic**

2 Coutts Street, Boort 03 5451 5220

#### **Inglewood Medical Practice**

3 Hospital Street, Inglewood 03 5438 3308

#### Wedderburn Health Clinic

24 Wilson Street, Wedderburn 03 5494 3511

#### **Gannawarra Family Clinic**

28 Gladfield Road, Pyramid Hill 03 5455 7305

#### I need a hospital

#### **Boort District Health**

31 Kiniry Street, Boort 03 5451 5200

#### **Inglewood and Districts Health Service**

3 Hospital Street, Inglewood 03 5431 7000

#### I need a nurse

#### **Boort District Health**

31 Kiniry Street, Boort 03 5451 5200

#### **Inglewood and Districts Health Service**

3 Hospital Street, Inglewood 03 5431 7000

#### **Dingee Bush Nursing Centre**

21 King Street, Dingee 03 5436 8309

#### I need a nurse

#### **Northern District Community Health Service**

24 Fitzroy Street, Kerang 03 5451 0200

#### I need a diabetes educator

#### **Boort Medical Clinic**

2 Coutts Street, Boort 03 5451 5220

#### **Inglewood and Districts Health Service**

3 Hospital Street, Inglewood 03 5431 7000

#### **Northern District Community Health Service**

24 Fitzroy Street, Kerang 03 5451 0200

#### I want help to quit smoking

#### **Inglewood and Districts Health Service**

3 Hospital Street, Inglewood 03 5431 7000

#### **Northern District Community Health Service**

24 Fitzroy Street, Kerang 03 5451 0200

#### I want to join an exercise group

#### **Inglewood and Districts Health Service**

3 Hospital Street, Inglewood 03 5431 7000

#### **Boort District Health**

31 Kiniry Street, Boort 03 5451 5200

#### **Boort Resource & Information Centre**

119-121 Godfrey Street, Boort 03 5455 2716

#### I need a counsellor

#### **Northern District Community Health Service**

24 Fitzroy Street, Kerang 03 5451 0200

#### **Inglewood and Districts Health Service**

3 Hospital Street, Inglewood 03 5431 7000

#### **Boort Medical Clinic**

2 Coutts Street, Boort 03 5451 5220

#### I need help at home

#### **Loddon Shire Council**

34 - 41 High Street, Wedderburn 37 Peppercorn Way, Serpentine 03 5494 1200

#### I need a pharmacy

#### **Boort Community Pharmacy**

108 - 112 Godfrey Street, Boort 03 5455 2179

#### **Inglewood Pharmacy**

30 - 36 Brooke Street, Inglewood 03 5438 3021

#### **Pyramid Hill Prescription Depot**

13 Kelly Street, Pyramid Hill 03 5455 7305

#### **Wedderburn Pharmacy**

71 High Street, Wedderburn 03 5494 3309

Visit www.nhsd.com.au for the most up to date health service information.