



# Which health service do I need?

	<p>Emergency Department 000</p>	<p>For serious illness or injury (like breathing problems, bleeding that doesn't stop, broken bones, head injuries, or chest pain), phone 000 for an ambulance or go to the Emergency Department at Canberra Hospital in Woden, or Calvary Hospital in Belconnen at any time (24 hours a day, seven days a week). <a href="http://www.health.act.gov.au/emergency">www.health.act.gov.au/emergency</a></p>
	<p>Local doctor or General Practitioner (GP)</p>	<p>For most health problems and health checks, phone your local doctor for an appointment. Doctors are open at different times. If you need help and your doctor is closed, phone Healthdirect on 1800 022 222 for doctors who provide after-hours services or home visiting services. <a href="http://www.health.act.gov.au/health-services">www.health.act.gov.au/health-services</a></p>
	<p>Walk-in Centres</p>	<p>For treatment of minor illness and injury, go to a Walk-in Centre between 7:30am and 10:00pm on any day (seven days a week). You don't need to make an appointment. There are Walk-in Centres in Belconnen and Tuggeranong. <a href="http://www.walkincentre.act.gov.au">www.walkincentre.act.gov.au</a></p>
	<p>Pharmacy or chemist</p>	<p>For advice about minor illness and injury, go to your local pharmacy. Pharmacies are open at different times. You don't usually need to make an appointment. <a href="http://www.health.act.gov.au/health-services">www.health.act.gov.au/health-services</a></p>
	<p>Healthdirect health information phone line 1800 022 222</p>	<p>If you don't know what to do about a health problem, or you don't know which health service to go to, phone Healthdirect on 1800 022 222 at any time (24 hours a day, seven days a week). <a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a></p>
	<p>Interpreter 131 450</p>	<p>If you need an interpreter to phone 000, Healthdirect, or another health service, first phone 131 450 at any time (24 hours a day, seven days a week). Over 160 languages are available. <a href="http://www.tisnational.gov.au">www.tisnational.gov.au</a></p>

For more health information for people from culturally and linguistically diverse backgrounds, visit [www.health.act.gov.au/multicultural](http://www.health.act.gov.au/multicultural)



# တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်မၤစၢၤလၢယ လိၣ်ဘၣ်န့ၣ် မ့ၢ်ဖဲလၢ်တခါလၢ်



Emergency Department  
(ဂ့ၢ်ဂီၤအူဝဲကျိၤ)  
000

ဘၣ်ထွဲဒီးတၢ်ဆူးတၢ်ဆါ မ့တမ့ၢ် တၢ်ဘၣ်ဖိဘၣ်ထံးဒိၣ်ဒိၣ်မ့ၢ်မ့ၢ် (ဖိအမ့ၢ် ကသါ တန့ၢ်, သ့ၣ်တပတုၣ်, ဃံကံၢ်, ခိၣ်သၣ်ဃံဘၣ်ဖိ, မ့တမ့ၢ် သးနါပျၢ်ဆါ)တဖၣ် န့ၣ် ဆဲးကျိးဘၣ် လၢလိၣ်တဲစိနီၣ်ဂံၢ်000 လၢကဒီးန့ၢ်ဘၣ်တၢ်ဆါဟံၣ်သိလ့ၣ်တီၣ် ပျၢ်ဆါ မ့တမ့ၢ် လၢကလဲဘၣ်ဆူ Emergency Department(ဂ့ၢ်ဂီၤအူဝဲ ကျိၤ)လၢCanberra Hospital (ခဲဘရၢ်တၢ်ဆါဟံၣ်) လၢအအိၣ်ဖဲ Woden, မ့တမ့ၢ် Calvary Hospital (ခၢ်လံၣ်ဘၣ်ရံၣ်တၢ်ဆါဟံၣ်) လၢအအိၣ်ဖဲ Belconnen (ဘဲလ်ဒီနီၣ်)(လၢ၂၄န့ၣ်ရံၣ်အတီၢ်ပူၤကိးနံၤဖဲ, တနွံနွံသီတီၢ်ပူၤ) တက့ၢ်. [www.health.act.gov.au/emergency](http://www.health.act.gov.au/emergency)



လိၣ်ကဝီၤကသံၣ်သရၣ်  
ဒိၣ်ဒီးကသံၣ်သရၣ်ထီ  
ရီၤ(GP)

ဘၣ်ထွဲဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်ဂ့ၢ်ကီၤဒီး လၢကမၤကွၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ န့ၣ် ဆဲး ကျိးဘၣ်န့ၣ်လိၣ်ကဝီၤကသံၣ်သရၣ်ဒိၣ်လၢ နကမၤတၢ်သ့ၣ်နံၤဖဲသီလၢအိၣ်အဂီၢ်တ က့ၢ်. နမ့ၢ်လိၣ်ဘၣ်တၢ်မၤစၢၤ ဒီးနကသံၣ်သရၣ်ဒိၣ်မ့ၢ်တမၤတၢ်ဘၣ်န့ၣ် ဆဲးကျိး ဘၣ် Healthdirect လၢလိၣ်တဲစိနီၣ်ဂံၢ်1800 022 222 ဖဲသိးနကန့ၢ်ဘၣ် က သံၣ်သရၣ်ဒိၣ်လၢ အကွၢ်ဒီးပျၢ်ဆါဖဲ ရူပျၢ်ဝံၤအလီၢ်ခံ မ့တမ့ၢ် အလဲကွၢ်ပျၢ်ဆါ လၢ ပျၢ်ဆါအဟံၣ်တဖၣ်အဂီၢ်တက့ၢ်. [www.health.act.gov.au/health-services](http://www.health.act.gov.au/health-services)



Walk-in Centres  
(တၢ်ကူစါလိၣ်လၢတ  
လိၣ်တၢ်မၤတၢ်သ့ၣ်နံၤ  
ဖဲသီ)

လၢတၢ်ကူစါယါဘျါတၢ်ဆါဒီးတၢ်ဘၣ်ဖိဘၣ်ထံးဆဲးဆဲးဖိတဖၣ်အဂီၢ်န့ၣ် တၢ်လဲၤကူ စါအိၣ်ဖဲ Walk-in Centre လၢဂီၤ 7:30 ဒီးဟါဒီ10:00ထီရီၤတနံၤနံၤ (တနွံနွံသီတီၢ်ပူၤ)သ့န့ၣ်လီၤ. တလိၣ်လၢ နကဘၣ်မၤဆိတၢ်သ့ၣ်နံၤဖဲသီဘၣ်. ဖဲ Belconnen ဒီး Tuggeranong အပူၤန့ၣ် Walk-in Centres တဖၣ်အိၣ် ဝဲဒၣ်န့ၣ်လီၤ. [www.walkincentre.act.gov.au](http://www.walkincentre.act.gov.au)



တၢ်ဆါကသံၣ်ကျး  
မ့တမ့ၢ် ပျၢ်ဆါကသံၣ်

မ့ၢ်လိၣ်ဘၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖဲ ဘၣ်ထွဲတၢ်ဆါဒီးတၢ်ဘၣ်ဖိဘၣ်ထံးဆဲးဆဲးဖိ တဖၣ်န့ၣ်, လဲၤသံကွၢ်ဘၣ်အိၣ်ဖဲ နလိၣ်ကဝီၤပူၤတၢ်ဆါကသံၣ်အကျးတဖၣ်တ က့ၢ်. ကျးတဖၣ်အံၤ အတၢ်အိးထီၣ်ဒီးပံးတၢ်မၤအဆါကတီၢ်န့ၣ် လီၤဆိလိၣ်အသး န့ၣ်လီၤ. ညီနါန့ၣ် လၢနကယုအဝဲသ့ၣ်တၢ်ဟ့ၣ်ကူၣ်အဂီၢ် တလိၣ်နမၤဆိတၢ်သ့ၣ် နံၤဖဲသီဘၣ်. [www.health.act.gov.au/health-services](http://www.health.act.gov.au/health-services)



Healthdirect  
တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အဂ့ၢ်  
လိၣ်တဲစိနီၣ်ဂံၢ်  
1800 022 222

ဘၣ်ထွဲဒီးနတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အတၢ်ဂ့ၢ်ကီၤတဖၣ် နမ့ၢ်တသ့ၣ်ညါလၢ နကဘၣ်မၤ အိၣ်ဖဲလဲၣ် မ့တမ့ၢ် ကဘၣ်လဲၤထံၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ ဝဲလီၢ်ဖဲလဲၣ်န့ၣ် နဆဲးကျိး ယုတၢ်ဟ့ၣ်ကူၣ်လၢ Healthdirect လၢလိၣ်တဲစိနီၣ်ဂံၢ် 1800 022 222 ထီရီၤ တဘျီဘျီ (တနံၤလၢ၂၄န့ၣ်ရံၣ်တီၢ်ပူၤ, တနွံနွံသီ)သ့န့ၣ်လီၤ. [www.healthdirect.gov.au](http://www.healthdirect.gov.au)



ပျၢ်တဲကျိၣ်ထံတၢ်ဖိ  
131 450

နမ့ၢ်လိၣ်ဘၣ်ပျၢ်လၢကတဲကျိၣ်ထံန့ၢ်န့ၢ်တၢ်န့ၣ် တချးနဆဲးကျိးလိၣ်တဲစိနီၣ်ဂံၢ်000, Healthdirect မ့တမ့ၢ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ ဝဲလီၢ်အဂၤတဖၣ်ဒီးဘၣ်န့ၣ် ဆဲး ကျိးဆိလၢလိၣ်တဲစိနီၣ်ဂံၢ်131 450 ထီရီၤတဘျီ (တနံၤ၂၄န့ၣ်ရံၣ်, တနွံနွံသီ)တ က့ၢ်. တဲကျိၣ်ထံန့ၢ်ကျိၣ်သ့အါန့ၢ် 160 ကျိၣ်န့ၣ်လီၤ. [www.tisnational.gov.au](http://www.tisnational.gov.au)

လၢပျၢ်လၢအလ့ၢ်လၢ်တၢ်ဆဲးတၢ်လၢဒီးတၢ်ဟဲလီၤစၢၤလီၤဆိတဖၣ်အဂီၢ် တၢ်မ့ၢ်ဘၣ်သးသ့ၣ်ညါအါထီၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အဂ့ၢ်ကျိၤန့ၣ် လဲၤကွၢ်ဖဲဘၣ်အိၣ်ဖဲ ဝဲးဖုး [www.health.act.gov.au/multicultural](http://www.health.act.gov.au/multicultural) အံၤအပူၤတက့ၢ်.