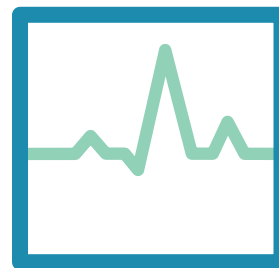




West Moreton
Hospital and Health Service



Words for Wellbeing

This initiative does not replace professional care or advice provided by your doctor.

If you are worried about your own or someone else's health or wellbeing you can get help from:

- Your local GP doctor
- 13Health - 13 43 25 84 (24 hours)
- Lifeline 131 114 (24 hours)
- Kids Helpline 1800 551 800 (24 hours)
- Suicide call back service 1300 659 467 (24 hours)

In an emergency please call Triple Zero (000)

For more information visit:

library.ipswich.qld.gov.au/words-for-wellbeing

library.lockyer valley.qld.gov.au

scenicrim.qld.gov.au/libraries

somerset.qld.gov.au/library

Need online health resources?

Here is a recommended list of websites endorsed by your local health professionals.

HEALTH INFORMATION

Medline Plus: medlineplus.gov

Information about diseases, conditions, and wellness.

Health topics: medlineplus.gov/healthtopics.html

Mental Health: mindhealthconnect.org.au/topics-a-z

Get Healthier and Happier: healthier.qld.gov.au

Multicultural health information:

mhcs.health.nsw.gov.au

TRUSTED AUSTRALIAN AND NEW ZEALAND HEALTH WEBSITES

Alzheimers Australia Queensland:

qld.fightdementia.org.au

Arthritis Queensland: arthritis.org.au

Asthma Australia: asthmaaustralia.org.au

Australian Breastfeeding Association:

breastfeeding.asn.au

Australian Hearing: hearing.com.au

Australian Pain Management Association:

painmanagement.org.au

Better Health Channel: betterhealth.vic.gov.au

Beyond Blue: beyondblue.org.au

Breast Cancer Network Australia: bcna.org.au

Cancer Council Queensland: cancerqld.org.au

Carers Australia: carersaustralia.com.au

Chronic Kidney Disease Queensland: ckdqld.org

Diabetes Queensland: diabetesqld.org.au

Eating Disorders Victoria: eatingdisorders.org.au

Heart Foundation: heartfoundation.org.au

Heart Support Australia: heartnet.org.au

Hepatitis Queensland: hepqld.asn.au

Kidney Health Australia: kidney.org.au

Lung Foundation Australia: lungfoundation.com.au

MindHealthConnect: mindhealthconnect.org.au

Multiple Sclerosis Australia: msaustralia.org.au

Nutrition Australia Queensland: naqld.org

Obesity Australia: obesityaustralia.org

Palliative Care Queensland: palliativecareqld.org.au

Parkinson's Queensland: parkinsons-qld.org.au

Prostate Cancer Foundation Australia: pcfa.org.au

Sleep Health Foundation: sleephealthfoundation.org.au

Stroke Foundation: strokefoundation.com.au

Vision Australia: visionaustralia.org



Words for
Wellbeing