

After Hours Medical Services

It doesn't matter what time of the day it is, help is just a phone call away.

Understanding the after hours medical services available to you can save time, effort and ultimately your life.

Emergency

If you are experiencing a medical emergency, go straight to hospital or **call 000 for an ambulance.**

Find a Local GP

Visit www.nbmphn.com.au and use the "Find a health service" directory to search for a local GP or other health professional.

Lithgow Medical Clinic

11 Bridge St, Lithgow **6352 5588**

Opening hours:

- Weekdays: **8am to 8pm**
- Saturdays & Sundays: **9am to 5pm**
- Public Holidays: **9am to 1pm**
(closed Good Friday, 25th Dec. & 1st Jan.)

24 Hour Helpline

Health Direct

Call **1800 022 222**

for health advice and information 24 hours a day, 7 days a week

GP Home Visits

After Hours GP Service

Blue Mountains (Bulk bill avail.)

Call **02 4784 2149**

doctors@afterhoursgpservices.com.au

**24 hours a day,
7 days a week**

**health advice and
information helpline**

1800 022 222

Your call will be answered by a registered nurse, who will assess your condition and provide health information and assistance.

This service is provided by Healthdirect.



Level 1, Suite 1, Werrington Park Corporate Centre
14 Great Western Highway, Kingswood NSW 2747
Post to: WHL, Bldg BR, Level 1, Suite 1,
Locked Bag 1797, Penrith NSW 2751
www.nbmphn.com.au | 02 4708 8100

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An Australian Government Initiative



Australian Government

Wentworth Healthcare Limited (ABN 88 155 904 975) as Nepean Blue Mountains PHN.

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Interpreter services can be arranged if needed. Costs may apply. Please consult with your health provider for more information. The National Relay Service (NRS) is available for patients who are hearing impaired.



After Hours GPs & Pharmacies

A quick guide to finding
after hours GP & pharmacy services
in the **Lithgow area**

Current December 2016

AFTER HOURS GP SERVICES IN THE LITHGOW AREA

Suburb	Pharmacy	Phone	Monday to Friday	Saturday	Sunday	Public Holidays
Lithgow	Bowenfels Medical Practice – Lithgow 7 Col Drew Drive	6352 2533	8.30am to 5.30pm	Contact practice for hours of operation	CLOSED	CLOSED
	Eskbank Surgery 31 Eskbank Street	6353 1113	8:30am to 5pm	Contact practice for hours of operation	CLOSED	CLOSED
	Ochre Health Medical Centre (Lithgow General Medical Practice) 136 Main Street	6352 5685	8:30am to 8pm	Contact practice for hours of operation	CLOSED	CLOSED
	Lithgow Medical Clinic 11 Bridge Street	6352 5588	8am to 8pm	9am to 5pm	9am to 5pm	9am to 1pm
	Lithgow Valley Medical Practice 7 Railway Parade	6353 1644	8:30am to 6pm	Contact practice for hours of operation	CLOSED	CLOSED
Wallerawang	Dr Kamalaharan & Associates 50 Main Street	6355 7230	9am to 12:30pm then 1.30pm to 5pm	Contact practice for hours of operation	CLOSED	CLOSED
Portland	Portland Medical Practice 20 Green Street	6355 5174	9am to 1pm then 2pm to 5pm	9am to 12 noon	CLOSED	CLOSED
National	24 Hour help line, 7 days per week including public holidays For health advice & information from a medically qualified person	1800 022 222	Open 24 hours a day, 7 days a week including public holidays			

The After Hours refers to anytime outside 8am to 6pm weekdays, anytime outside 8am to 12 noon on Saturday & all day Sunday & Public Holidays. Please see your usual GP during regular hours.

AFTER HOURS PHARMACY SERVICES IN THE LITHGOW AREA

Suburb	Pharmacy	Phone	Monday to Friday	Saturday	Sunday	Public Holidays
Lithgow	Dougherty's Pharmacy 103 Main Street	6351 2502	9am to 6pm	9am to 1pm	CLOSED	CLOSED
	Hopes Pharmacy 141 Main Street	6351 3021	9am to 6pm	9am to 12.30pm	CLOSED	CLOSED
	Blooms The Chemist – Lithgow Shop 44-46 Lithgow Valley Plaza	6352 2141	9am to 7pm	9am to 4pm	10am to 2pm	10am to 1pm
Portland	Portland Pharmacy 59 Williwa St	6355 5100	9am to 5.30pm	9am to 12 noon	CLOSED	CLOSED
Wallerawang	Wallerawang Guardian Pharmacy 60a Main St	6355 1888	9am to 6pm	9am to 1pm	CLOSED	CLOSED
Penrith	Chemmart Penrith High Street (Terry White) 438 High Street	4721 5527	Open 24 hours a day, 7 days a week including public holidays			

Only Pharmacies providing extensive after hours services are included in this brochure. All information correct as at December 2016 and may be subject to change.

This is an After Hours health services initiative proudly provided by Nepean Blue Mountains PHN. The Nepean Blue Mountains PHN is a programme run by Wentworth Healthcare.