

live well in CHB

**choose
well**  ourhealthhb.nz

Choose the care option that is right for you.

Self Care

Cough. Cold.

If you are unsure go to ourhealth website - ourhealthhb.nz,
healthnavigator.org.nz or familyservices.govt.nz

National Poisons Centre Freephone **0800 764 766** Available 24/7

Plunket Line Freephone **0800 933 922** Available 24/7

Everyday Care

Diarrhoea. Runny nose. Painful cough. Headache.

Call for advice - Healthline Ph **0800 611 116** Available 24/7

Unichem Waipukurau Pharmacy Ph 06 858 8060

71-75 Ruataniwha St | Hours: Mon - Thurs 8.30am - 5.30pm,
Fri 8.30am - 6.00pm, Sat 9am - 1pm

Waipawa Pharmacy Ph 06 857 8024 24 High St

Hours: Mon - Fri 8.30am - 5.30pm, Sat 10am - 12 noon

Mental Health - depression.org.nz or mentalhealth.org.nz

Routine Care

Vomiting. Ear pain. Sore tummy. Back ache.

Tuki Tuki Medical Ph 06 858 7767 or after hours **06 858 9090**

1 Cook St, Waipukurau | Hours: 8.30am - 5pm

The Doctors Waipawa Ph 06 857 8507 including after hours

19 Kenilworth St, Waipawa | Hours: Mon - Fri 8.30am - 5pm

Depression Helpline 0800 111 757 Available 24/7

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Urgent Care

Cuts. Strains. Itches. Sprains.

Mon - Fri, 8.30am - 5pm:

Tuki Tuki Medical Ph 06 858 7767

The Doctors Waipawa Ph 06 857 8507

After hours:

CHB Health Centre Ph 0800 643 745 (Registered Nurse Advice)

The Doctors Hastings Ph 06 876 8445

Mental Health Emergency Response Ph 0800 112 334

Emergency Care

Choking. Chest pain. Blacking out. Blood loss.

If you are experiencing an emergency:

Call 111 for Ambulance