



# Feeling worse? Has something changed? Talk to us.

You know yourself, your family member or the person you care for best and may notice changes before we do.

If you notice a change, are feeling worse, or are worried, tell us immediately and we will help.

If you need an interpreter, ask us and we will arrange one.

**If you need urgent help, call out for assistance.**

**1**

**Tell someone or speak to the person you have come to see.**

If you feel something is wrong speak with a staff member or ask someone near you to get help.

▼ **If you are still worried:**

**2**

**If there is no-one around to speak to and you are concerned or if you have something life threatening call 000.**

Tell them the name of the community centre and where in the building you are. *(for example, waiting room, level 2).*



For interpreting services call  
**131 450 TIS National**

Scan your phone here to read in your language

