

MULTICULTURAL HEALTH DIRECTORY

KEMPSEY, PORT MACQUARIE & WAUCHOPE



Updated August 2026

In an emergency call 000

Translating and Interpreting Service (TIS)

The Translating and Interpreting Service (TIS) is a free service for non-English speakers.

Call **131 450** and state the language you require.

TIS can be used to contact all government, health, education and support agencies with a telephone interpreter.

Interpreting in NSW Public Hospitals

Free interpreting services are available to all patients using NSW public health care services. You, and your family, have the right to request a health care interpreter, even if you are not offered one.

Ask your health care professional to call the Health Care Interpreter Service on **4924 6285**

Doctor's Priority Line

Would you prefer to speak to the Doctor in your language?

Ask your GP to call the Doctor's Priority Line **1300 131 450**

Translated Health Information

You can find health information on many topics, in your language here:

www.mhcs.health.nsw.gov.au/publications/browse-by-language

Hospitals

Port Macquarie Base Hospital (including emergency department) - Wrights Rd, Port Macquarie **5524 2000**

Kempsey District Hospital (including emergency department) - 119 River Street, Kempsey **6561 2600**

Wauchope District Hospital - 69 High Street, Wauchope **6580 8000**

Community Health Services

Provide healthcare, including nursing, allied health, and chronic disease management. Generally need a referral from a primary health service.

Port Macquarie - Morton Street, Port Macquarie **6589 2100**

Kempsey - 119 River St, West Kempsey **6561 2790**

Camden Haven - 66 Norman Street (Corner of Laurie and Norman Streets), Laurieton **6559 9003**

Wauchope - 69 High Street, Wauchope - **6580 8060**

South West Rocks - 7-9 Steve Eagleton Drive, South West Rocks **6561 2990**

Health Direct

Health Direct provides health information, a symptom checker and an online directory of healthcare professionals and services

www.healthdirect.gov.au 1800 022 222

Kate Stokes Migrant Settlement Service

☎ 0497 832 079 / 6553 5121

✉ rmw@mvns.org.au

📍 4 Farquhar St, Wingham, 2429

🌐 www.mvns.org.au

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Mental Health

The Mental Health line is **1800 011 511** (in an emergency call **000**)

Headspace (for young people aged 12–25) Port Macquarie **6588 7300**, Kempsey **6539 3450**

Lifeline (24/7 Crisis Support) **13 11 14**

Carers

Carer Gateway is an Australian Government program providing free services and support for carers.

1800 422 737 www.carergateway.gov.au

BreastScreen NSW

BreastScreen is a free breast cancer screening service for women over 40 years old.

www.breastscreen.nsw.gov.au **13 20 50**

Family Planning

Family Planning clinics offers a range of reproductive and sexual health services. The closest clinic is in Newcastle. However, telehealth appointments are also available.

1300 372 372 or book online www.fpnsw.org.au

Kempsey and Port Macquarie Community Health Centres also offer family planning services.

Tresillian

Tresillian supports families with a baby or child aged from newborn to 3 year. They can help make sense of your child's crying, sleep, feeding and behaviour with tailored programs to meet your needs.

Tresillian 2U Mid North Coast Mobile Van regularly visits Wauchope, and Kempsey. **6691 1912**

Tresillian Parent's Help Line on **1300 272 736**

Services Australia

You can call the Services Australia Multilingual Service **131 202**

You can also access information in your language here:

www.servicesaustralia.gov.au/information-your-language