

ARE YOU WORRIED?

If so, **REACH** out to us

R

RECOGNISE

If you recognise a worrying change or feel that something is 'not quite right' – let us know.

E

ENGAGE

Speak with the nurse, midwife, allied health professional or doctor about your concern.

IF YOU ARE STILL WORRIED

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ACT

Talk to the person in charge of the area about your concern.

IF YOU ARE STILL WORRIED

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CALL

1800 298 626

Option 1. Ballarat

Option 3. Stawell

Option 2. Horsham/Dimboola

Option 4. Edenhope

Your call will be answered by a staff member at Grampians Health.

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HELP

Help is on the way

A health professional from Grampians Health will act on your concerns within 30 minutes.