

# ARE YOU WORRIED?



Mercy Health

*Care first*

Are you feeling worse? Is there a change in your condition or that of someone else?

If yes... REACH out to us. Follow these steps:

1. Speak to your nurse, midwife or doctor about your concerns.
2. If you are not happy with the response from step 1 or you are still worried, do not wait! Ask to speak to the nurse or midwife in charge.
3. If this doesn't help and you are still worried, please call the REACH helpline:  
**(03) 8416 7800.**