

Neami Health Prompt National Resource Directory

This resource provides quick links to trusted national information and support for each Health Prompt section. Use these links to help people access accurate health information and services. For local pathways, refer to your service directory.

Equally Well

Equally Well is a national initiative dedicated to improving physical health outcomes for people living with mental health challenges. It brings together over 100 organisations, clinicians, researchers, and people with lived experience to address the significant life expectancy gap caused by preventable physical health conditions. Equally Well provides a range of consumer-focused and evidence-based resources to support health equity.

Consumer Resource Hub

Practical tools and information designed to empower individuals and support person-led health conversations.

<https://equallywell.org.au/resources/>

<https://equallywell.org.au/consumer-resource/>

Unequally Unwell Factsheets (2025)

A series of fact sheets highlighting health inequities and strategies for improving physical health care for people with mental health conditions. These resources help staff understand systemic barriers and advocate for better care.

<https://equallywell.org.au/equally-well-factsheets/>

Section 1: Navigating health care and support

Health information and access

Healthdirect Australia is a free 24/7 health service and source of reliable health information

www.healthdirect.gov.au

Medication

NPS MedicineWise provides information about the safe use of medicines

www.nps.org.au

Gender-affirming health care

TransHub provides information on gender-affirming care

www.transhub.org.au

Transcend Australia provides evidence-based resources on gender-affirming healthcare

<https://transcend.org.au/latest-news/new-evidence-based-resources-on-gender-affirming-healthcare/>

Section 2: Health checks and preventive care

National Cancer Screening Register (NCSR)

The National Cancer Screening Register (NCSR) is a centralised digital platform that maintains a single electronic record for each Australian participating in the National Bowel, Cervical, and Lung Cancer Screening Programs. It also sends invitation and reminder notices to eligible individuals to encourage timely screening and prompts follow-up when test results indicate potential issues.

www.ncsr.gov.au/

Bowel cancer screening

Access information about the National Bowel Cancer Screening Program

www.health.gov.au/our-work/national-bowel-cancer-screening-program

Lung cancer screening

Access information about the National Lung Cancer Screening Program

www.health.gov.au/our-work/nlcsp

Cervical screening

Access information about the National Cervical Screening Program

www.health.gov.au/our-work/national-cervical-screening-program

Breast cancer screening

Access information about the BreastScreen Australia Program

www.health.gov.au/our-work/breastscreen-australia-program

Diabetes

The National Diabetes Services Scheme (NDSS) provides resources for managing and preventing diabetes.

www.ndss.com.au/

Heart health

The Heart Foundation provides information about heart health checks and resources

www.heartfoundation.org.au/

Bladder and bowel health

Access information and support for bladder and bowel concerns

www.health.gov.au/topics/bladder-and-bowel

Skin checks

The Australian Skin Cancer Foundation provides information and resources to help people find free skin checks across Australia

www.australianskincancerfoundation.org/

Vaccinations

The National Immunisation Program provides clear, accessible information about recommended vaccines including free vaccines under the program

www.health.gov.au/topics/immunisation

Sexual health

Links to resources related to sexual health

www.health.gov.au/topics/sexual-health

Dental health

Access information on oral health and where to access free or low-cost dental care through public dental clinics.

www.health.gov.au/topics/dental-health

Cancer care

The Cancer Council provides guidance on early detection and self-checks.

www.cancer.org.au/about-us/policy-and-advocacy/prevention/uv-radiation/related-resources/detection-and-screening

Section 3: Daily life and wellbeing

Movement and physical activity

The Australian Physical Activity Guidelines provides recommendations for all ages, including tips for building activity into daily life.

www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians

Nutrition

The Australian Dietary Guidelines provides information and resources about eating for health

www.eatforhealth.gov.au/

Smoking and vaping support

Quitline is a free, national support service providing confidential and evidence-based counselling for quitting smoking and vaping, including advice on quitting aids and resources

www.quit.org.au/

Call Quitline 13 78 48

Alcohol and other drug support

The National Alcohol and Other Drug Hotline provides free and confidential information and support for people who have concerns about substance use

www.health.gov.au/our-work/drug-help

Call 1800 250 015

Section 4: Pain, movement and understanding your body

Mobility and falls prevention

The Falls Prevention Alliance Australia provides consumer-focused resources on reducing the risk of falls

www.fallspreventionalliance.org.au/resources

Wound care

Wounds Australia provides easy-to-understand information on wound prevention, self-care, and when to seek help

<https://woundsaustralia.org/>

Sleep health

Beyond Blue provides information about sleep and mental health, including practical advice to improving sleep

www.beyondblue.org.au/mental-health/wellbeing/sleep

Concerns about eating and body image

The National Eating Disorders Collaboration (NEDC) provides information and resources about concerns flagged with a person's relationship with food, eating and body image including fact sheets, professional development training and information about supports and services

<https://nedc.com.au/>

The Reach Out And Recover (ROAR) website is an interactive tool to support people who have eating and body concerns, and who feel distressed because of these concerns.

<https://reachoutandrecover.com.au/>

Feed Your Instinct (FYI) is designed for parents/carers of young people with eating or body image issues.

<https://feedyourinstinct.com.au/>

Vision

In Australia, Medicare covers eye tests conducted by optometrists, allowing eligible individuals to access these services with minimal or no out-of-pocket expenses. Vision Australia provides services and support for people with vision concerns or low vision

www.visionaustralia.org/

Hearing

Hearing Australia provides information about free hearing checks and government-funded services for eligible people

www.hearing.com.au/

Other resources

Healthdirect

Government-backed health information and service finder for trusted advice and pathways.

www.healthdirect.gov.au

Ask Izzy

Ask Izzy is a national online directory that connects people to local support services across Australia. It is free, mobile-friendly, and designed for quick access to practical help – including food and financial support, housing and health services. It is available 24/7 and can be used anonymously.

<https://askizzy.org.au/>

More information

If you have questions about using the Health Prompt, this resource or you would like to discuss how it can support your work, contact practice@neaminational.org.au.

Disclaimer:

The website links provided in this resource list were current and accurate at the time of publication (February 2026). Websites and content may change over time. Please check the links regularly to ensure you are accessing the most up-to-date information.