



## MĀLAMA I KE OLA HEALTH CENTER

When should you make an appointment with your doctor? How 'urgent' is urgent care? Is it time to go to the emergency room?

Using this information as a guide can help you assess the condition or symptoms you are facing in order to select the appropriate place for care.

### Primary Care

Your primary care provider should be your first choice for care for acute and chronic illnesses because he or she is familiar with your medical history.

### Emergency Room

A visit to the emergency room is warranted only for potentially life-threatening illnesses and injuries.

### Urgent Care

Outside of regular office hours or extended hours, the same acute, non-life-threatening illnesses or injuries that you may normally go to your primary care provider for can also be treated at an urgent care facility. An urgent care facility can give you immediate medical attention for common illnesses usually without an appointment or long wait.

### CONTACT US

PHONE: 808-871-7772

# Primary Care, Urgent Care or Emergency Room? INTEGRATED HEALTH

### SCHEDULE AN APPOINTMENT

Call our Integrated Care Department at (808) 872-4068 for help with:

- A new behavioral health or substance use concern that is not preventing daily function
- Managing the symptoms of an existing mood or substance use problem
- Worrying about relapsing on alcohol, drugs, or tobacco

### URGENT CARE

Call Hawaii CARES Line@ 1-800-753-6879 or 911 for help with:

- New or increasing thoughts of hurting or killing yourself or others
- Return of hallucinations or delusions, or a significant increase in existing ones
- Panicking, feeling very overwhelmed, or feeling like you can't control your emotions
- Drug or alcohol use that significantly interferes with daily life, or a return to drug or alcohol use after a period of sobriety

### EMERGENCY ROOM

Go to the emergency department or call 911 for help with:

- A desire or attempt to hurt or kill yourself or a desire or attempt to hurt or kill others
- Sudden change in mental health (e.g. hallucinating, feeling very paranoid, sudden memory loss or confusion)
- Violent behavior or feeling that you can't control your behavior
- Fear of drug or alcohol overdose, withdrawal symptoms from alcohol or other drugs, or seeking detox services
- Any situation in which you feel your life may be in danger