

Let's talk about palliative care



What is palliative care?

If you are sick and your doctor says you won't get better and will die, palliative care can help to make you comfortable.



How can palliative care help you?

Palliative care can help you:

- with your pain
- to live as well as you can before you die
- to understand your feelings
- to plan what you do with the time you have left
- to talk about what is important to you, like spiritual or cultural support

Palliative care also supports your family and friends.



Where can you get help?

- 📞 **Palliative Care Victoria:** 1800 660 055 (Free Call)
- 📞 **Palliative Care & End of Life Care Advice Line:** 1800 360 000 (Free Call)

Getting palliative care early can help you to live better.