



HELP LINE

MSK Help Line – Call a Nurse on 1800 263 265 or email helpline@msk.org.au

Weekdays 9am-5pm

If you're experiencing a medical emergency call 000 or go to the emergency department at your nearest hospital.

Our MSK Help Line is staffed by clinically trained nurses and experienced volunteers. They can help you:

- with information on arthritis and other musculoskeletal conditions, and commonly prescribed treatments
- find your way through the complex health, disability and social services systems
- find community resources in your area.

The Help Line also provides information and support to health professionals providing care for people with musculoskeletal conditions.

Contact our MSK Help Line on 1800 263 265 or email helpline@msk.org.au.

National Interpreter Service

If you need an interpreter, let us know when you contact the Help Line. Or call [Translating and Interpreting Service National](https://www.nist.gov/) on 13 14 50 and ask for an interpreter.

If you're deaf, or have a hearing or speech impairment

Contact us through the [National Relay Service](https://www.nrelayservice.gov.au/) and give them our name and number – 1800 263 265.

"I feel more confident in what I am doing to manage symptoms particularly in relation to complementary therapies and understanding different treatment options and their effectiveness. Speaking to someone who is qualified helps to sort through the maze of information that is out there"