

# Supporting You to Access the Right Care



## Self Care

Minor Ailments should be treated at home

Minor cuts and grazes  
Minor Bruises  
Minor Sprains  
Coughs and colds



## Pharmacy

Local Expert Advice

Minor illnesses  
Headaches  
Stomach Upsets  
Bites & stings



## NHS 111

Non - emergency help

use NHS 111 online if you are unsure what service you need



## GP Practice

A skilled team of medical professionals

Lasting symptoms  
Chronic pain  
Long term conditions  
New Prescriptions



## Urgent Care

Urgent Treatment Centres

Breaks & Sprains  
X-rays  
Cuts & Burns  
Fever & Rashes



## A&E or 999

For emergencies only

Choking  
Chest Pain  
Blacking Out  
Serious Blood loss



## Mental Health

For urgent mental health help please click the link below  
[URGENT MENTAL HEALTH SUPPORT](#)