

Where



~~What~~ is best for my care?

Self-Care

Grazed Knee
Sore throat
Norovirus



A lot of illnesses and symptoms can be treated in **your home** by making use of a **well-stocked first aid kit** and by getting **plenty of rest**.

Pharmacist

Diarrhoea
Headache
Cough



Your local pharmacist is a highly trained healthcare professional who can give you advice on **common illnesses** and the **medicines you need to treat them**.

GP

Feeling ill
Fever
Unexplained pains



If you have an **illness or injury** that won't go away make an appointment at your local GP.

NHS 111

Urgent medical need



If you **urgently need medical help or advice** but it's **not life-threatening** you should call the NHS 111 service. Access this service by simply ringing 111.

Minor Injuries

Cuts
Sprains
Strains



Minor Injury Units (MIU) can assess and treat: **minor burns, scalds, infected wounds, sprains, cuts, grazes** and **possible broken bones**.

Mental Health

Self-harm
Suicidal feelings
Hearing Voices



If you experience a mental health crisis you can either **contact your GP or NHS 111** who will put you in contact with the crisis team, or you can attend the crisis assessment suite at **Roseberry Park Hospital**.

A&E (999)

Life threatening condition



A&E is for emergencies only, keep A&E for those who **really need it!** In serious and life-threatening situations go to A&E or call 999.

#HELPUSHELP YOU