

“I have a health problem. Which service should I talk to?”

Self Care at home



- Minor cuts and grazes
- Minor bruises
- Minor sprains
- Coughs and colds

Call NHS 111 non-emergency help



- Feeling unwell
- Unsure who to call
- Anxious about health
- Need help?

Contact your Pharmacy for expert advice



- Minor illness
- Headaches
- Upset stomach
- Bites and stings

Contact your GP Out of hours call NHS 111



- Persistent symptoms
- Chronic pain
- Long term conditions
- New prescriptions

Visit your nearest Urgent Treatment Centre



- Breaks and sprains
- X-rays
- Cuts and grazes
- Fever and rashes

In an emergency go to hospital or call 999



- Choking
- Chest pain / breathing issues
- Blacking Out
- Serious blood loss