



Self Care

Care for
yourself at
home

Minor cuts & grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy

Local expert
advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111

Non-emergency
help

Feeling unwell?
Unsure?
Anxious?
Need help?



GP Advice

Out of hours:
Call 111

Persistent symptoms
Chronic pain
Long term
conditions
New prescriptions



UTCs

Urgent
Treatment
Centres

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



A&E or 999

For
emergencies
only

Choking
Chest pain
Blacking out
Serious blood loss