Where is best for my care?

Self-Care
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
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
If you have an illness or injury that won’t go away make an appointment at your local GP.

NHS 111
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
Minor Injury Units (MIU) can assess and treat: minor burns, scalds, infected wounds, sprains, cuts, grazes and possible broken bones.

Mental Health
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)
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.