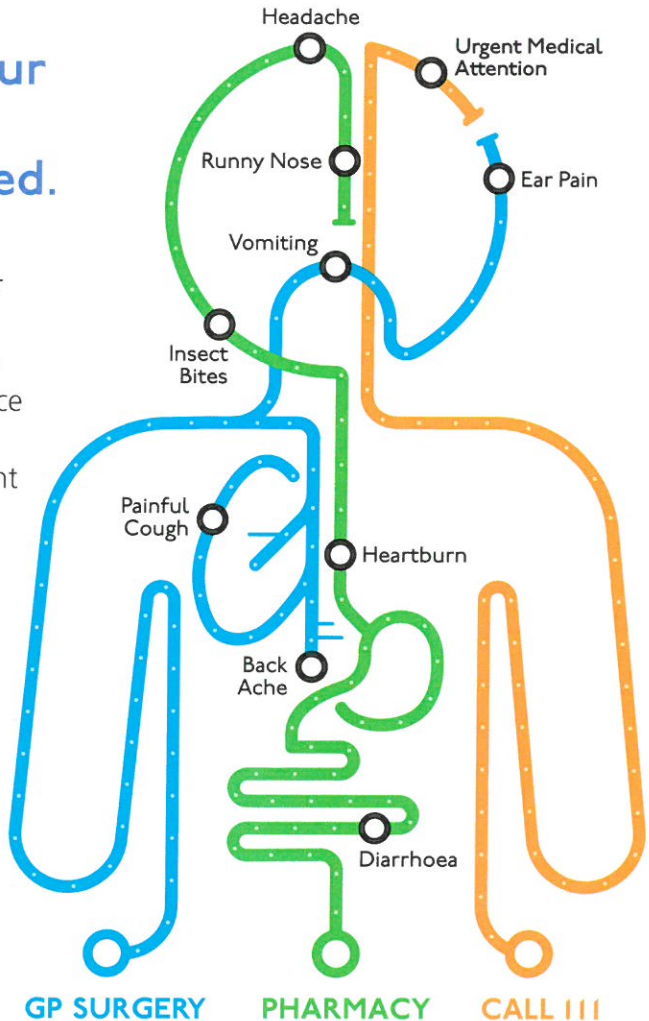


Take the fast track to the right care

Shortcut your way to the care you need.

Advice and care is available much nearer to home than you might realise. Make a stop at the right service to make sure you get the help and treatment you need.






Need direction to urgent medical help?

For help in a matter of minutes, call NHS 111.

NHS 111 has a team of trained staff, including nurses, available 24 hours a day, 7 days a week, 365 days a year. You can call NHS 111 if you need urgent medical help.

You can be given the direction you need and be put through to a healthcare professional if needed. **Call NHS 111.**



Make a stop at your pharmacy for health advice and treatment – without an appointment

Speak to your pharmacist for help with:

- coughs, colds and flu
- allergies and hayfever
- aches and pains
- infections
- minor cuts and bruises
- insect bites and stings

Some pharmacies can even give you advice and treatment for:

- giving up smoking
- weight management
- flu vaccinations
- chlamydia testing

Visit your nearest pharmacy to learn more about what they can treat, or visit www.nhs.uk.



More routes to GP care

Your GP can help you with a range of health problems including minor injuries, stopping smoking and mental and emotional wellbeing.

You can now access [GP appointments during evenings, weekends and over bank holidays](#) by ringing your GP surgery as normal.

Or if you need urgent medical help, you can contact NHS 111 who are available 24 hours a day, 7 days a week, 365 days a year.