

# Which health service is right for me, right now?

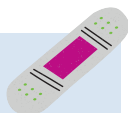


The NHS is here to help should you fall ill or get injured. We want to make sure you get seen in the right place, at the right time by the right healthcare professional.

There are many different services to choose from, this leaflet will help you understand which service is best for your needs.

## Self-care

For: hangovers, sore throats, grazed knees, etc



Minor illnesses and injuries can be treated at home with rest, simple painkillers such as paracetamol or ibuprofen and basic first aid. The NHS website provides health advice and guidance for numerous conditions.

COVID-19 can also be treated at home in the majority of cases.

Visit [www.nhs.uk](http://www.nhs.uk) for more information.

## Pharmacy

For: upset stomach, headache, bites and stings, etc



Your pharmacist can do so much more than complete your prescription. They can give you expert clinical advice for minor health concerns and help with many common illnesses like sore throats, coughs, colds, tummy troubles and aches and pains. And the best part is you don't need to make an appointment.

Search 'find a pharmacy NHS' to find your local pharmacy.

## Your GP surgery

For: symptoms that won't go away or that you are worried about – back pain, a lump, blood in your pee, etc

The doctors and nurses at your local GP surgery are there to support you with a range of new and ongoing health concerns. You can book an appointment over the phone, or online via your surgery's website.



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## NHS 111

For: urgent medical help and support, including pre-arranged arrival times at services including Urgent Treatment Centres and Minor Injury Units



For urgent medical help, contact **NHS 111** online at [111.nhs.uk](https://111.nhs.uk) or make a free call by dialling 111. Help is available 24 hours per day from a team of highly trained experts.

NHS 111 call handlers can advise you where local NHS services are, help with prescriptions, offer self-care advice and arrange arrival times at some services for you at an Urgent Treatment Centre or A&E.

## Mental Healthline

For: urgent help with your mental health

The Sussex Mental Healthline offers crisis care for people in urgent need of help with their mental health. It is available 24 hours a day, seven days a week on **0800 0309 500**

Text Relay calls and New Generation Text calls from hearing and speech impaired callers are also available on **0300 5000 101**

## Urgent Treatment, walk-in and Minor Injuries

For: sprains, fractures, burns, etc

For injuries or illnesses that are urgent but not life threatening you can use an Urgent Treatment Centre (UTC), walk-in centre or Minor Injuries Unit (MIU).

It is best to call **NHS 111** first to book an appointment at the nearest service to you.

## A&E/999

For: emergencies only - severe bleeding, breathing difficulties, chest pain, etc

If you have a serious or life-threatening emergency, please dial 999 or go to your local A&E department.

Visit our website to find out more about all of these services and how to access them.

