

Self Care



At HOME



Treat minor issues at home

- ✓ Keep a medicine cabinet at home stocked with items like pain relief, plasters and cold, medicine & Get plenty of rest
- ✓ Sore throat, Grazed knee, Diarrhea, Headache, Hangover, Cough & Colds

Pharmacy



Pharmacy First – Quick help for minor conditions

No Appointment required for

- ✓ Allergies, Constipation, Sinusitis, Sore throat, Earache, Infected insect bites, Shingles, Urinary tract Infections

GP Practice



YOUR GP PRACTICE CAN HELP!

- ✓ **Pharmacist** – Advice on medicines & minor illnesses
- ✓ **Mental Health Nurse** – Support for anxiety & depression
- ✓ **Physiotherapist** – Help with muscle & joint pain
- ✓ **Social Prescriber** – Connects you to social support
- ✓ **Health & Wellbeing Coaches** – Lifestyle & wellness support



or **Contact your GP for appointments!**

Enhanced Access service



Single Point of Access

- ☎ Call your practice to book appointment outside of standard GP hours.
- ✓ Face-to-face or over the phone
- ✓ GP appointment & services including screening, vaccinations and health checks
- ✓ Single Point of Access Contact no: 020 3839 7513 (11AM - 10PM)

NHS 111



NOT URGENT? CALL NHS 111



24-hour free help & advice – Call **111** or visit **111.nhs.uk** for guidance on medical concerns



Scan QR code to access 111 website for guidance



A&E or 999



EMERGENCY CARE – CALL 999

PHONE 999 or go to A&E if you have a serious and unexpected illness or injury requiring immediate attention. **In a life-threatening medical emergency only**, always call 999 for an ambulance.

Opticians



Eye Care

- ✓ Visit your **optician** regularly to avoid emergencies
- 👁️ **Minor Eye Clinic (MECS)** – Red eye, infections, sudden vision changes
- ✓ Use the link below for guidance from community eyecare service
- 🌐 <https://nel-eyecare.com/patient-information-newham/>
- 💡 *Eye problem? See an optician, not A&E!*

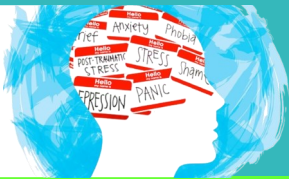
Dentist



DENTAL CARE – DON'T IGNORE TOOTH PAIN!

- ✓ Visit your **dentist** regularly to avoid emergencies
- ☎️ Call your dentist - their voicemail may advise where to get support out-of-hours
- ✓ Use the link below for guidance from community dental service
- 🌐 <https://northeastlondon.icb.nhs.uk/health-services/dentists/>
- 📞 **Call NHS 111** for urgent dental issues
- 💡 *Tooth pain? See a dentist, not A&E!*

Mental Health



MENTAL HEALTH SUPPORT

- 📞 **Crisis Helpline** – Call 111, then select **Option 2** for urgent mental health support
- ☎️ **The Samaritans:** Free helpline 116 123 for emotional support, service available 24 hours a day

COMMUNITY CARE - HELP WITHOUT A&E

- 💡 Use the link below for how to access local health and care services in North East London
- 🌐 <https://northeastlondon.icb.nhs.uk/health-services/>
- 🌳 **Services for 65 and over:** District Nurse for dressing, Catheter care, Fast Falls, Community Physiotherapy etc.
- 🌐 <http://www.elft.nhs.uk/services/single-point-access-newham>

