WHERE TO GET HELP!

**SELF-CARE**
minor grazes, coughs and colds, sore throat, hangover

**PHARMACIST**
diarrhoea, runny nose, headache

**GP SURGERY**
fever, earache, stomach ache, vomiting

**MINOR INJURIES UNIT**
sprains and strains, cuts, rashes, stings and bites

**A+E or 999**
chest pain, head injuries, stroke, severe bleeding, deep wounds, severe shortness of breath, broken bones

**DENTIST**
toothache, abscess, gum disease

**NHS 111**
advice, medical help, not sure who to call

**PODIATRY** (01773 743456) at Ripley Hospital for foot and nail care

**PHYSIO DIRECT** (01335 230079) Physiotherapy for back, neck and joint problems

**COUNSELLING** (various providers) for anxiety or depression available – ask for a leaflet

SEE ALSO our website at ivy.gs/numbers for contact details of other sources of direct help