

# WHERE TO GET HELP!

Examples only



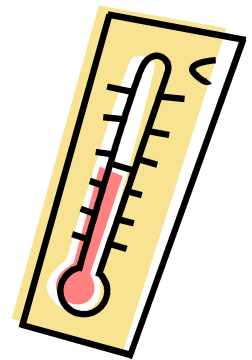
## SELF-CARE

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



## NHS 111

advice, medical help,  
not sure who to call



## DENTIST

toothache, abscess,  
gum disease

## YOU CAN ALSO REFER YOURSELF DIRECTLY TO...

**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](http://ivy.gs/numbers) for contact details of other sources of direct help