

Where do I go for my Healthcare?

If you are feeling unwell and need help, make sure you know how to use you local health services

Should I Contact My GP?



Yes, always contact your GP practice first if your concern is not an emergency. If you cannot get an appointment then call NHS 111 or use your local pharmacy for advice.

Should I call NHS 111?

Dial **111** if you need help with a health concern and advice and information on how to manage it. They can also arrange for you to attend an Urgent Treatment Centre at your local hospital.



Can a Pharmacist help me?

Sometimes there is no need to contact your GP as your local pharmacist can help you with health issues such as some minor infections, and in some cases issue prescription medicine without seeing a GP.

When should I go to Accident & Emergency (A & E)?

A & E should only be used for life-threatening conditions such as heart attacks, serious road traffic accidents and if you are having chest pain, shortness of breath, broken limbs, heavy bleeding, suspected stroke. Dial **999** if you need an ambulance. Try your GP, NHS 111 or pharmacist first before attending A & E.



I don't have a dentist, who can help me?



The Greater Manchester Urgent Dental Care Service can treat you for **emergency dental treatment** - call **0333 332 3800**. The service is available from 8am to 10pm every day and is by appointment only.