NHS
Leicester, Leicestershire and Rutland

Need help fast
and it isn't life threatening?

Get the right NHS care
in two simple steps

Right Care, Right Place

https://bit.ly/need-help-fast

Step 1: Try Self Care First

If your problem is minor and you haven't been able to treat it yourself at home, try:

- ✓ The NHS App or nhs.uk
- ✓ NHS 111 online
- ✓ Your local pharmacy

These services are quick, easy and often all you need.

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Step 2: Need more help?

If it's more serious or Step 1 didn't work:

- ☑ Contact your GP practice

- ☑ Or call NHS 111 (when your GP practice is closed)

They'll help book the right appointment for you.

If it's a **life or limb-threatening emergency**, go straight to the closest **emergency department** or **call 999**.

In a **mental health crisis, call NHS 111** and the select the mental health option. This service is open 24 hours a day, seven days a week.

Scan the QR code for more information on local services

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