

Need help fast
and it isn't life threatening?
Get the right NHS care
in two simple steps

Scan me



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.

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 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 select the mental health option, 24/7.

**Right
Care,
Right
Place**

