

Feeling unwell?

Consider the range of services available to you in East Berkshire and use the NHS responsibly

 <p>Care at home</p> <p>Be prepared to care for yourself with a well-stocked medicine cabinet and plenty of rest</p> <ul style="list-style-type: none"> cough or cold upset stomach pain or headache cuts and grazes sore throat (but if for two weeks or more contact your GP) <p>For health advice, visit www.nhs.uk</p>	 <p>Pharmacist</p> <p>Ask for advice on ailments, medicines and healthier living</p> <ul style="list-style-type: none"> queries about medication dosage, type or suitability plus urgent requests or if related to hospital discharge repeat prescription sore eyes (but if persists go to optician) runny nose diarrhoea bite or sting 	 <p>Call NHS 111</p> <p>Call when situation is not life-threatening</p> <ul style="list-style-type: none"> if you think you need to go to hospital if you don't know the most suitable place to go or call if you don't have a GP to call or if your GP practice is closed if you need advice or reassurance about what to do <p>Available 24 hours a day, every day</p>	 <p>GP practice</p> <p>Use patient access online or make an appointment if an illness or injury won't go away</p> <ul style="list-style-type: none"> repeat prescription such as for back ache, the pill, etc urgent skin problem such as a rash that is spreading ear pain back ache <p>Additional evenings and weekend appointments bookable through your GP Practice</p>	 <p>Urgent Care or Walk-In Centre</p> <p>Visit for same day, urgent, minor injuries or illness when your GP practice is unavailable</p> <ul style="list-style-type: none"> such as sprains and suspected broken bones <p>Locally, you can visit</p> <ul style="list-style-type: none"> St Marks Urgent Care Centre Bracknell Urgent Care Centre Slough Walk-in Centre <p>See www.nhs.uk for more information</p>	 <p>Emergency department or call 999</p> <p>Only for very serious or life-threatening situations</p> <p>If you are unsure, call NHS 111</p>	 <p>Mental health</p> <p>Aged between 11 -19 years old? Visit KOOOTH.com for free, anonymous and confidential online counselling and emotional well-being support service.</p> <p>If you are over 18 and need urgent support call NHS111 who will direct you accordingly. Call 0300 365 0200 to make a self-referral to talking Therapies. Call the Common Point of Entry on 0300 365 0300 if your concern is more urgent. If you need someone to talk to, call the Samaritans free on 116 123 (24 hours a day, 365 days a year). In an emergency, or if someone is in immediate danger, call 999 straight away.</p>
<p>Average cost to NHS</p>	<p>... of being seen</p> <p>£15</p>	<p>... of a call</p> <p>£16</p>	<p>... of being seen</p> <p>£36</p>	<p>... of being seen</p> <p>£37</p>	<p>... of being seen</p> <p>£111</p>	
					<p>... of an ambulance</p> <p>£235</p>	<p>take a photo and save on your phone</p> 

