

Look after yourself

Caring for yourself

Top tips:

- wash your hands while preparing food or after using the loo
- take regular exercise
- enjoy a balanced diet
- try to make sure your medicine cabinet contains the essentials
- order repeat prescriptions so you don't run out



Getting advice from your local pharmacy

Your local pharmacist is an expert on medicines. They can give you lots of advice on the best way to treat problems such as colds, coughs, minor burns, diarrhoea, sprains, bumps and bruises.

You can talk to your pharmacist in confidence without an appointment. They can also give advice on whether you need to see your doctor. Many pharmacies offer other services, such as blood pressure checks or advice on maintaining a healthy weight or stopping smoking. Some can arrange to collect your repeat prescription from your GP.

Check which services are available at your local pharmacy by visiting: www.nhs.uk/Service-Search

When to call 111

You should call 111 if you:

- are not sure if you need to go to A&E or need another NHS urgent care service
- don't know who to call or don't have a GP to call
- need health information or reassurance about what to do next

NHS 111 is a free service available 24 hours a day, seven days a week. Calls are answered by a specially trained nurse or paramedic.

Going to see your GP

Your GP can give you advice on most physical and mental health problems. The receptionists at your surgery will be able to give you information about the full range of services it offers.

Looking after your mental health

The Suffolk Wellbeing Service provides short-term support such as workshops, counselling and other talking therapies for depression, anxiety and trauma. For more information, call 0300 123 1781 or visit: www.readytochange.org.uk

Need help urgently?

If you are currently receiving care or treatment from Norfolk and Suffolk Foundation Trust, use the number you have been given. If you can't find it, call 0300 123 1334. Samaritans (08457 90 90 90), ChildLine (0800 1111) and FRANK (0300 123 6600) can help too.

A&E

Accident and emergency (A&E) departments are for serious or life-threatening conditions which need immediate medical attention, such as:

- loss of consciousness
- stroke
- persistent, severe chest pain
- severe breathing difficulties
- severe bleeding which cannot be stopped

Anyone with a less urgent condition may need to wait for several hours before they are treated.

Please remember, if it's not 999, dial 111.

