

## Other local health services:

### Mental Health

Common mental health problems such as anxiety, depression, panic disorders, phobias and obsessive compulsive disorder can cause great emotional distress, and can affect how you cope with day-to-day life and your ability to work. For advice and information about mental health services near you visit [www.nhs.uk/livewell/mentalhealth](http://www.nhs.uk/livewell/mentalhealth)

### Dental

Everyone can access NHS dental services and you don't need to register. To find your nearest NHS dental practice [www.isaandefrome.com](http://www.isaandefrome.com)

When your dentist is closed and you have an urgent dental problem, you can call NHS 111 free of charge.

### Sexual Health

Sexual health services offer confidential advice and information on contraception, sexually transmitted infections, pregnancy choices and planning a pregnancy.

We have a number of sexual health clinics across Worcestershire many of which offer walk-in services which are available to everyone.

To find your nearest Sexual Health Clinic visit [www.isaandefrome.com](http://www.isaandefrome.com)

This leaflet can help you to find the best NHS health service for you - meaning you don't spend time waiting in A&E if you don't need to.

Choosing the right health service when you are unwell or injured allows busy NHS services to help the people who need them most.

For more information about local services:

 @isAEforme

 [www.facebook.com/isaandeforme](http://www.facebook.com/isaandeforme)



[www.isaandeforme.com](http://www.isaandeforme.com)

If you would like this information in alternative formats or languages contact the Communications Team on 01905 681956 or email [ccgcomms@worcestershire.nhs.uk](mailto:ccgcomms@worcestershire.nhs.uk)

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**NHS**

# Your Guide to Health Services

*in Worcestershire*



[www.isaandeforme.com](http://www.isaandeforme.com)

## Self-care



### Hangover? Grazed knee? Sore throat?

Self-care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated with a well-stocked medicine cabinet and plenty of rest.

**Help stop the spread of infection:** If you have sickness and diarrhoea don't go to your GP practice or hospital, instead drink plenty of fluids and call your GP practice if you are worried, especially if you have other health conditions.

For more information about self-care visit [isaandeforme.com](http://isaandeforme.com) or [www.nhs.uk](http://www.nhs.uk)

## Your Local Pharmacy



### Need to talk to an expert?

Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to your A&E.

Pharmacists can also dispense repeat prescriptions without the need to visit your GP - speak to your GP or pharmacist to arrange this.

To find your nearest local pharmacy visit [isaandeforme.com](http://isaandeforme.com)

## Your GP



### Illness or injury that won't go away?

If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment and when absolutely essential can make home visits.

If you need urgent medical care when your surgery is closed (and it can't wait until the morning) call your surgery number and you will receive information on how to access the care or advice you need.

To find your nearest GP service visit [isaandeforme.com](http://isaandeforme.com)

## NHS 111



### Need medical advice quickly?

When you call NHS 111 you will speak to an adviser who will help you decide what medical help you need, tell you where you need to go to get medical help and transfer you to the service you need.

You should use the service if you urgently need medical help or advice but its not life-threatening.

Calls to 111 are free, including from mobiles, 24 hours a day, 365 days a year.

## Minor Injury Unit (MIU)



### Cut? Sprain? Minor burn?

Minor Injury Units (MIUs) offer fast, convenient and expert care for minor illnesses and ailments including cuts, grazes, wounds, sprains and minor burns.

No appointment necessary - just walk in...

#### MIUs are located in:

##### Bromsgrove

Tel: 01527 488058  
Stourbridge Road,  
B61 0BB

##### Malvern

Tel: 01684 612600  
Worcester Road,  
WR14 1EX

##### Evesham

Tel: 01386 502388  
Waterside  
WR11 1JT

##### Kidderminster

Tel: 01562 513039  
Bewdley Road,  
DY11 6RJ

##### Tenbury

Tel: 01584 810643  
Worcester Road,  
WR15 8AP

## A&E and 999



### Difficulty breathing? Heavy bleeding? Broken bones?

Accident and Emergency departments and the 999 ambulance service should only be used in a critical or life-threatening situation. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.

#### A&E departments are located in:

##### Alexandra Hospital

Tel: 01527 503030  
Woodrow Drive,  
Redditch,  
B98 7UB

##### Worcestershire Royal Hospital

Tel: 01905 763333  
Charles Hastings Way,  
Worcester, WR5 1DD