



## Self-care

Many everyday illnesses and injuries can be best treated at home. Self-care is often very simple. Over-the-counter medicines combined with plenty of rest and fluids can help you to recover quickly and easily from a range of minor injuries and illnesses.

Colds and flu, diarrhoea and vomiting, cuts and grazes, and minor burns can all be treated easily at home. Issues such as teething, rashes and sticky eyes that are commonly experienced by young children can also generally be cared for at home.

To help you to treat minor illnesses and injuries at home, and look after yourself, your family or friends, make sure you have a well-stocked medicine cabinet and first aid kit. If you are unsure about what to keep at home or whether you need expert advice for an illness or injury, don't hesitate to speak to a pharmacist.

## NHS 111

Need medical help fast but it's not a life-threatening emergency? Call NHS 111 for advice, support and directions to local NHS services.

NHS 111 is a fast and easy way to get the right help, whatever the time.

It is available 24 hours a day, 365 days a year, and calls are free from landlines and mobile phones.

When you call 111, trained NHS 111 advisors, supported by nurses and paramedics, will ask you about your symptoms. They will then be able to give you advice or direct you to a local service that can help you best – this includes the GP out-of-hours service, nursing support or an emergency dentist.

If NHS 111 advisers think you need an ambulance, they will immediately arrange for one to be sent to you.

## Pharmacy

Pharmacies do a lot more than just dispense prescription medicines. They can provide advice on how best to care for minor injuries and illnesses and help you decide whether you need to see a doctor, often saving you from having to make a trip to your GP.

Pharmacists can offer advice and recommend over-the-counter medicines to treat issues including bugs and viruses, minor injuries, aches and pains, skin conditions, allergies and children's problems. They also provide emergency contraception.

You do not have to make an appointment to visit a pharmacy. Many have private consultation areas and anything you discuss with a pharmacist is completely confidential.

Pharmacies are open around the clock, with some open evenings and weekends. Call NHS 111 to find your nearest pharmacy.

## Your GP

Your GP is the right choice for general medical advice and treatment, prescriptions, vaccinations and tests.

Reasons to visit your GP include a change in a skin mole, a nasty cough that's lasted longer than three weeks, treatment of existing illnesses and or injuries, mental health worries, muscular pain that has lasted longer than two weeks or stomach pain that won't go away.

Make sure you are registered with a GP practice and know how to get an appointment or repeat prescription.

Even when your GP practice is closed, GPs are working out-of-hours. Calling 111 will determine whether you need to speak to, or see, a GP. NHS 111 can offer advice and support, and if necessary, book an appointment with a duty GP while your GP practice is closed or arrange a home visit.

## Save A&E for saving lives

Find out where to get the best NHS care across Coastal West Sussex.

In the NHS we want to make sure people receive the right treatment in the right place when they need help and advice.

Across the country one in four people who go to A&E could receive effective care and treatment from a different NHS service. This year people have attended A&E with constipation, flu and even toothache.

Remember, by choosing not to go to A&E when you could receive effective care by another service, the skilled A&E teams are able to focus on people suffering from strokes, heart attacks and other life-threatening injuries and illnesses.

Save A&E for saving lives.



# SAVE A&E FOR SAVING LIVES.

[www.coastalwestsussexccg.nhs.uk](http://www.coastalwestsussexccg.nhs.uk)



## Find your nearest dentist

To register with an NHS dentist visit [www.coastalwestsussexccg.nhs.uk](http://www.coastalwestsussexccg.nhs.uk) and use our search for local services. You can then contact them to find out if they are accepting new NHS patients.

Alternatively, you can call the Sussex Dental Helpline on 0300 1000 899 to find out which local dentists are accepting new NHS patients.

If you need emergency dental help when your dentist is closed, there are emergency dental clinics in West Sussex, which can offer appointments to people with a dental emergency. Appointments must be booked before you attend. Please call NHS 111 to find out where you can get help and treatment.

## Mental health concerns

If you are feeling worried, anxious or depressed, or feel you need help with your mental health, there are lots of services available to you.

Help can range from telephone advice and support online if you are feeling slightly anxious, to intervention if you or a loved one is in crisis and need urgent help.

For help and advice call the Sussex Mental Healthline on 0300 5000 101. It's available Monday to Friday 5pm – 9am, and 24 hours at weekends and bank holidays.

For telephone support you can also call the Samaritans on 08457 909090.

Across the NHS we take mental health very seriously and will always do everything possible to get you the help you need.

## Sexual health help and advice

If you need sexual health advice or treatment your GP practice or the local sexual health service is the best place to start.

The service runs drop-in sessions and appointment clinics across the county. You can find out more by calling 0845 111 3456 or visiting [www.sexualhealthwestsussex.nhs.uk](http://www.sexualhealthwestsussex.nhs.uk)

If you need emergency contraception, please contact the local sexual health service on the number above; alternatively many pharmacies are now also able to offer emergency contraception for sale.

As you will need a consultation with the pharmacist; it is advisable to call first to make sure someone is available to see you.

You can find your nearest pharmacy by calling NHS 111 or searching online at [www.nhs.uk](http://www.nhs.uk)

## Minor injuries

If you have an injury or illness and you need urgent medical attention, but it is not a life-threatening emergency, there are two minor injury services in Coastal West Sussex where you can get help and treatment.

Bognor Regis War Memorial Hospital Minor Injuries Unit and The Park Surgery in Littlehampton both provide a walk-in service if you need help for conditions including sprains, minor burns, cut and grazes, and minor skin infections.

They are both open Monday to Friday – Bognor Regis MIU is open 9am to 5pm and Park Surgery is open from 8am to 6.30pm. They both offer effective, expert help when you don't need to go to A&E.

## Accident & Emergency (A&E)

A&E is for serious, life-threatening injuries and illnesses that need urgent medical attention.

These include, but are not limited to, stroke, severe chest pain and breathing difficulties, heavy bleeding, loss of consciousness, and serious burns. People with this type of life-threatening conditions will be treated before those with minor injuries and illnesses, who could be seen appropriately at another NHS service.

In Coastal West Sussex there are A&E departments at St Richard's Hospital in Chichester and Worthing Hospital. Only use them in life-threatening situations.

**Save A&E for saving lives.**



**SAVE A&E FOR SAVING LIVES.**  
[www.coastalwestsussexccg.nhs.uk](http://www.coastalwestsussexccg.nhs.uk)

## USEFUL CONTACTS

MY NHS NUMBER

NHS 111

Call 111 24/7 for help and advice

MY LOCAL PHARMACY

MY LOCAL GP

MY LOCAL DENTIST

MENTAL HEALTH SUPPORT

0300 5000 101

SEXUAL HEALTH SERVICE

0845 111 3456