

# How to get the right care

<p><b>Self Care</b></p>	<p>Hangover, grazed knee, coughs, colds and sore throats.</p>	<p>Many illnesses can be treated in your own home – keep a well-stocked first aid kit at home. See NHS Choices for advice.</p>	
<p><b>Pharmacist</b></p>	<p>Diarrhoea, minor infections, headache, bites and stings.</p>	<p>Your local pharmacist can help with lots of everyday ailments and offers good advice.</p>	
<p><b>GP Surgery</b> (appointments now available in the evenings and weekends)</p>	<p>Feverish children, vomiting, ear pain, backache, feeling ill.</p>	<p>For infections and persistent symptoms or if your child has a high temperature choose your doctor.</p>	
<p><b>Dentist</b></p>	<p>Toothache</p>	<p>Contact your dentist – to find a local NHS dentist, see NHS Choices. The emergency dentist can be contacted through 111.</p>	
<p><b>Adult Social Care</b></p>	<p>Looking after someone, support to stay at home, care assessments, help with disabilities.</p>	<p><b>Surrey: 0300 200 1005</b> (for emergencies outside normal working hours call <b>01483 517 898</b>) <b>Hampshire: 0300 555 1386</b> (for emergencies outside normal working hours call <b>0300 555 1373</b>)</p>	
<p><b>Mental Health Crisis Out-of-Hours</b></p>	<p>The Safe Haven project provides an alternative to A&amp;E for adults with (or developing) mental health problems in the North East Hampshire and Farnham areas. Alternatively call the NHS Mental Health Crisis Line (<b>0300 456 8342</b>)</p>	<p>The Safe Haven at the Time Out Café, The Wellbeing Centre, 121-123 Victoria Road, Aldershot GU11 1JN. Monday to Friday: 6pm-11pm Weekends and bank holidays: 12.30pm-11pm. This is a drop-in service, no phone number is available.</p>	
<p><b>NHS 111</b></p>	<p>Unwell, unsure, confused, need help fast?  Urgently need to see a GP out of surgery hours?</p>	<p>Contact 111 if you are ill and have any questions about your health. 111 can also help you find health services in your area.  Medical assistance is still available if your surgery is closed. Call 111 to be directed to the GP Out-of-Hours Service.</p>	
<p><b>Accident &amp; Emergency (A&amp;E) or 999</b></p>	<p>Choking, chest pain, suspected stroke, blacking out, bleeding you can't stop, struggling to breathe, sprains and other injuries.</p>	<p>Visit A&amp;E at Frimley Park Hospital, Portsmouth Road, Frimley GU16 7UJ (Tel: <b>01276 604 604</b>) or call <b>999</b> for an ambulance.</p>	