

## Other Sources Of Medical Help

As more services have gradually moved into the community, there are other ways to access medical advice and treatment, which may be appropriate for your needs.

### **Accident or injury, or think you may need an X-ray?**

Minor Injuries Unit at Ripley Hospital on 01773 710711.

### **Anxiety and/or depression? (mild to moderate)**

RightSteps Counselling Service on 0300 123 0542 - you can book an appointment without seeing a doctor first.

### **Back, neck or muscular problems ?**

Physio Direct on 01335 230075 - you can book an appointment without seeing a doctor first.

### **Bladder and/or bowel continence issues?**

Continence Advisory Service on 01332 861198 - you can book an appointment without seeing a doctor first.

### **Chest pain, suspected stroke, bleeding or other life threatening emergencies?**

Ring 999 or attend the nearest major casualty department - Royal Derby Hospital.

### **Dental problems?**

See your dentist. GPs are advised not to treat patients with dental conditions. If you are not registered with a dentist, you can ring NHS 111 for more information on your nearest facility.

### **Joint or arthritis problems and hand/arm splints?**

OT Direct on 01335 230075 - you can book an appointment without seeing a doctor first.

**Medical advice?** Call NHS 111.

### **Medication Queries?**

Speak to your local pharmacist.

**Morning after pill (emergency contraception) needed?**

Family Planning clinics at Belper, Heanor, or Derby. Call central booking number to make appointments and find out times - 01246 235792.

Most local pharmacies can also provide this service.

**Need a walk-in centre?** The nearest in this area are at Osmaston Road, Derby and St Thomas Road, Derby. Ilkeston walk-in centre has now closed.

**Self help or minor illness advice needed?** Speak to your local pharmacist and see the links in 'Self Help Leaflets' on our website.

**Trying to quit smoking?**

Derbyshire County Stop Smoking Service on 0800 085 2299 or 01246 868425.