



# Get to know where to go this Christmas

Getting to know which NHS service to use means you can get treated sooner



## Pharmacy

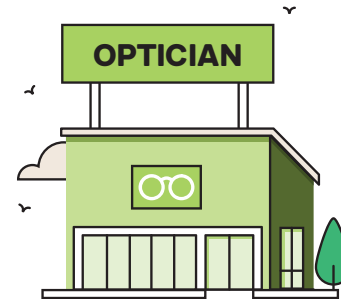
Pharmacists can help with minor illnesses and injuries, and can recommend over-the-counter medicines. You don't have to book an appointment and most have private rooms. For Christmas and New Year opening times visit: [gmintegratedcare.org.uk/bankholidaypharmacy](http://gmintegratedcare.org.uk/bankholidaypharmacy)



## Dentist

If you have a sore mouth, teeth, or gums, contact a dentist. Your GP can't help.

If you don't have one, or they're closed, call 0333 332 3800.



## Optician

Use your optician for any eye problems, like pain, flashes, floaters, or sudden vision or sight changes.

If you need urgent help and your regular optician is closed, go to: [primaryeyecare.co.uk/find-a-practice](http://primaryeyecare.co.uk/find-a-practice)



## Mental Health Support

These free, 24/7 mental health crisis helplines cover all of Greater Manchester.

- Bolton, Manchester, Salford, Trafford and Wigan: 0800 953 0285
- Bury, Heywood, Middleton and Rochdale, Oldham, Stockport, Tameside and Glossop: 0800 014 9995

If it's an emergency and you're worried about your safety, go to your nearest A&E or call 999.



## GP Practice

Most GP practices are open 8am – 6.30pm. The GP out-of-hours service is there when your GP practice is closed. For more information call your GP practice in the usual way and listen to the recorded message.

Before you make an appointment to see your GP, think about what other services might be able to help, such as your local pharmacist or [111.nhs.uk](http://111.nhs.uk)



## A&E

**Only go to A&E if it's an emergency.**

People with the most serious conditions will be seen first, so you may need to wait. Only call 999 if someone's life is at risk and you can't get to a hospital.

## Not sure where to go - visit [111.nhs.uk](http://111.nhs.uk) (5 yrs +) or call 111

Calls to 111 are free (landline and mobile) and it's available 24/7, 365 days a year.

You'll firstly talk to an advisor but healthcare professionals are also available for expert advice.

NHS 111 can tell you where to go AND book you a time slot (if needed), so there's less waiting when you get there.

- If you need help in British Sign Language (BSL), visit [signvideo.co.uk/nhs111](http://signvideo.co.uk/nhs111).
- If you have a hearing problem, use text relay. Call 18001 111 using the Relay UK app or a text phone.
- For help in other languages call 111 and ask for an interpreter.