

#choosewell

Choosing which service is right for you at a given time may not always be easy. Often you have more than one option.

Use the list below to guide you if you're not sure where to start. You can also visit the NHS Choices website for advice and support.



Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.



Call 999 or visit A&E if someone is seriously ill or injured and their life is at risk.



Visit a walk-in centre or minor injuries unit if you have a minor illness or injury.



Visit your local Pharmacy for advice on minor illnesses, minor infections or headache.



Make an appointment with your GP if you are feeling unwell or have an ongoing problem.