

Feeling unwell?



East Berkshire
Clinical Commissioning Group

**HELP US
HELP YOU**

KNOW WHAT TO DO

Consider the range of services available to you in East Berkshire and use the NHS responsibly



Care at home

Be prepared to care for yourself with a well-stocked medicine cabinet and plenty of rest

- cough or cold
- upset stomach
- pain or headache
- cuts and grazes
- sore throat (but if for two weeks or more contact your GP)

For health advice, visit www.nhs.uk

Average cost to NHS



Pharmacist

Ask for advice on ailments, medicines and healthier living

- queries about medication dosage, type or suitability plus urgent requests or if related to hospital discharge
- repeat prescription
- sore eyes (but if persists go to optician)
- runny nose
- diarrhoea
- bite or sting

... of being seen

£15



Call NHS 111

Call when situation is not life-threatening

- if you think you need to go to hospital
- if you don't know the most suitable place to go or call
- if you don't have a GP to call or if your GP practice is closed
- if you need advice or reassurance about what to do

Available 24 hours a day, every day

... of a call

£16



GP practice

Use patient access online or make an appointment if an illness or injury won't go away

- repeat prescription such as for back ache, the pill, etc
- urgent skin problem such as a rash that is spreading
- ear pain
- back ache

Additional evenings and weekend appointments bookable through your GP Practice

... of being seen

£36



Urgent Care or Walk-In Centre

Visit for same day, urgent, minor injuries or illness when your GP practice is unavailable

- such as sprains and suspected broken bones

Locally, you can visit

- St Marks Urgent Care Centre
- Bracknell Urgent Care Centre
- Slough Walk-in Centre

See www.nhs.uk for more information

... of being seen

£37



Emergency department or call 999

Only for very serious or life-threatening situations

If you are unsure, call NHS 111

... of being seen

£111

... of an ambulance

£235



Mental health

Aged between 11 -19 years old?

Visit KOOOTH.com for free, anonymous and confidential online counselling and emotional well-being support service.

If you are over 18 and need urgent support call NHS111 who will direct you accordingly.

Call 0300 365 0200 to make a self-referral to talking Therapies.

Call the Common Point of Entry on 0300 365 0300 if your concern is more urgent.

If you need someone to talk to, call the Samaritans free on 116 123 (24 hours a day, 365 days a year).

In an emergency, or if someone is in immediate danger, call 999 straight away.

take a photo and save on your phone

