My useful numbers

NHS

My NHS number

In an emergency (999)

For urgent care

Your GP (24 hours)

Your local pharmacy

For telephone advice

Self Care information

NHS

In an emergency (999)

Use this number if you think you might need to go into hospital urgently

For urgent care

Use this number if you need help with your long-term illness

Your GP

Use this number if you are unwell and need to see a doctor

Your local pharmacy

Use this number if you have a cough, cold, headache or flu

For telephone advice

Use this number if you need some advice on what to do next

Self Care information

This is information that your clinician thinks will be useful for you. It might contain useful advice, websites or numbers