



Stay well this summer

Produced by your local NHS to help you get the right care in the right place

Self care

Self care means making sure you are stocked up with over the counter medicines and a first aid kit so that you are able to treat common illnesses and injuries yourself. It's a good idea to pack basic supplies if you are going away and ensure you stay up to date with any prescribed medication so you don't run out. More information about how to treat common illnesses is available at www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/



Your wellbeing

The summer holidays can be a stressful time so it's important to look after your mental health and wellbeing. Free support is available at www.nhs.uk/every-mind-matters/

The charity Solent Mind funds a range of mental health support in the region. Find out more at www.solentmind.org.uk/support-for-you/our-services/



If you or someone you know is experiencing a crisis and need urgent mental health support contact 111 or visit www.111.nhs.uk

Pharmacy

Your local pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and injuries, such as coughs, colds, sore throats and minor cuts and bruises. Pharmacists have specialist training, consultation rooms and you don't need an appointment. Some pharmacies are open in the evening and weekends. Find your nearest pharmacy online by visiting www.hampshiresouthamptonandisleofwightccg.nhs.uk/your-health/your-local-services



Urgent treatment and minor injury units

Urgent treatments centres and minor injuries units are open to everyone, no appointment required. Skilled staff can offer treatment and advice for a range of minor injuries and illnesses. If you need urgent care but it is not life threatening, visit a local urgent treatment centre

or contact NHS 111 or visit 111.nhs.uk to get the right care in the right place in a timely way. Find your nearest centre or unit online by visiting: www.hampshiresouthamptonandisleofwightccg.nhs.uk/your-health/your-local-services



Which health service should you use?



For common ailments and illnesses such as hangover, sore throat or grazed knee

Self-care



For advice on conditions such as headaches, aches and pains or an upset stomach

Pharmacy



If you have symptoms that don't go away such as ear ache, back pain or ongoing health concerns

GP Surgery



For urgent medical help that isn't an emergency NHS 111 can direct you to the right service

NHS 111



Use only in an emergency such as loss of consciousness, breathing difficulties, stroke or heavy bleeding

999/Emergency Department

For information and advice on children's health visit the Healthier Together website www.what0-18.nhs.uk

For urgent care that isn't an emergency contact the NHS111 service online at www.111.nhs.uk

Download the full leaflet by scanning the QR code



SCAN ME