

# Stop and think

## PATIENT INFORMATION

### **A&E and 999 services are for emergency and life-threatening conditions only**

NHS emergency services, such as A&E and 999 are under increasing pressure with over 177,000 more people going to A&E in the last two years.

One out of every four people who go to A&E could have either self-treated for minor illnesses and injuries or been treated by other local services.

Stomach upset, aches and sprains,  
coughs and colds, sore throat

Take care of yourself. Your local high-street chemist is qualified to give you expert and confidential advice and treatment, without having to wait for an appointment. To find your nearest chemist.

Unwell? unsure? need help?

Phone NHS Direct on 0845 46 47 or visit [www.nhs.uk](http://www.nhs.uk)

Toothache? gum problems?

Phone your dentist or you can call NHS Direct on 0845 46 47 or go to [www.nhs.uk](http://www.nhs.uk) to find a local dentist

An illness or injury that won't  
go away?

Call your GP. They will also be able to tell you about where to find a GP outside of normal hours and at weekends. To find your nearest GP call NHS Direct on 0845 46 47 or visit [www.nhs.uk](http://www.nhs.uk)

Need to see someone straight away  
for cuts and bruises, sprain or burn,  
infection or rash, or stomach upset

Wembley GP Walk-In Centre 116  
Chaplin Road Wembley Middlesex HA0 4UZ Mon-Sun 8:00am – 8:00pm

Walk-in Centre, Urgent Care Centre or Minor Injuries Unit, where you can get treatment without waiting for an appointment.