***Other Sources of Medical Help***

***As more services have gradually moved into the community, there are other ways to access medical advice and treatment, which may be appropriate for your needs.***

***Accident or Injury, or think you may need an X-ray?***

*Minor Injuries Unit at Ripley Hospital can see you, providing it is within 48 hours of the injury. Contact Number 01773 710711.*

***Anxiety and/or depression? (Mild to Moderate)***

*Talking Mental Health Derbyshire can be contacted on 0300 1230542.*

*You do not have to see a doctor before booking an appointment.*

*Available for anyone over the age of 16 years old.*

***Back, neck or muscular problem?***

*Did you know that you can book into see the physiotherapist at your GP surgery? No need to see a doctor beforehand. This can be booked via reception, Or you can self-refer to Physio Direct on 01335 230075.*

***Bladder and/ or bowel continence issues?***

*You can contact The Continence Advisory Service on 01332 861198, There's no need to see a doctor before booking an appointment.*

***Chest pain, suspected stroke, bleeding or other life-threatening emergencies?***

*Ring 999 or attend the nearest major casualty department- Royal Derby Hospital!*

***Dental Problems?***

*See your dentist. GPs are advised not to treat patients with dental conditions. If you are not registered with a dentist, you can ring NHS 111 for more information on your nearest facility.*

***Joint or Arthritis problems and hand/ arm splints?***

*OT Direct can be contacted on 01335 230075. No need to see a doctor beforehand either.*

***In need of medical advice?***

*Call NHS 111, where they will be able to advise you with the information you require.*

***Have a medication query?***

*Pop to your local pharmacist and speak to them, they will be more than happy to help.*

***In need or the morning after pill? (emergency contraceptive)***

*Contact The Family Planning Clinic on 01246 235792 to make an appointment and to also find out the opening times. They are located in Belper, Heanor and Derby. Most pharmacies can also provide this.*

***Need a walk-in centre?***

*The nearest walk-in centre in this area is Derby Urgent Treatment Centre, Entrance C, Urgent Care Centre, Osmaston Road, Derby DE1 2GD. Ilkeston Walk- in Centre is no longer open.*

***Self help or minor illness advice needed?***

*Speak to your local pharmacist and see the links in Health A-Z On our website.*

[*https://www.nhs.uk/conditions/*](https://www.nhs.uk/conditions/)

***Trying to quit smoking?***

*Contact Live Life Better Derbyshire on 0800 0852299 or contact Stop Smoking Service on 01246 868425.*