



**Melbourne  
Park  
Medical  
Centre**

# Self Referral information

There are a number of services you can refer yourself to which should save the time of getting a GP appointment and mean you can reach the right help quicker



## Domestic Violence

**Women 0808 800 0340  
Men: 0808 8010327**

## Self-Harm or Suicidal

**SAMARITANS**

Samaritans - 116 123.  
[www.samaritans.org](http://www.samaritans.org)

In an emergency call 111 or 999

## Bereavement:

Nottinghamshire Cruse : 01623 647645

Notts Bereavement Trust: 0800 435 455



## Young People Counselling:

[www.Kooth.Com](http://www.Kooth.Com) (Free, safe and anonymous online support for your people)

Base 51 support/ counselling 0115 952 5040

## Counselling

LTWB Tel: 0115 956 0888

OR Insight Tel: 0300 555 5582

Or Trent PTS Tel: 0115 896 3160

**MACMILLAN  
CANCER SUPPORT**

For anyone affected by cancer

0808 808 0000



Physio & Occupational Therapy

New joint or back pain: Tel:

0115 883 8320 OR [www.citycarephysio.org.uk](http://www.citycarephysio.org.uk)

or ask reception for an appointment at GP+



## Podiatry / Chiropody

**Complete self-referral form (available at reception desk or at [www.signpostinghealth.com](http://www.signpostinghealth.com))**

**Stop Smoking: National Helpline: 0300 123 1044**

"Stub it" offers support to all Nottingham City patients who wish to quit smoking. For further information or to arrange an appointment please ask at reception.



## Alcohol & Drug Problems

Tel: 0800 066 5362 or drop in

M/T/Th/F 9:30-4:40, W 9:30-6, Sat 9:30-1

[www.nottinghamrecoverynetwork.com](http://www.nottinghamrecoverynetwork.com)

For further self referral information please see:

[www.SignpostingHealth.com](http://www.SignpostingHealth.com)

Updated 02/21



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Midwife

Self-refer to the midwife by calling: 0115 883 3368

You will be given an appointment between 8 -12 weeks from the first day of your last period.



**Contraception and Sexual Health (STI's)**

**Nottingham Sexual Health Service  
0115 962 7627**

<https://www.nuh.nhs.uk/sexual-health-services>



**Broxtowe Children's Centre**

**Parenting support, activities, behavioural problems and more.**

**Tel: 0115 876 3888 or 0115 876 4800 (children and families direct)**

Health Visitors

Support with children aged 0 - 5

Tel: 0115 883 8900 opt 2



Learning Disabilities

Support for patients aged 14+ with learning disabilities

0115 876 0138



**Social Care**

**Assessment for help & equipment and more**

**Tel: 0300 131 0300**



Hospital appointments or results

Call your consultant's secretary

QMC Tel: 0115 9249924

City Tel: 0115 9691169

Circle (Treatment Centre) 0115 970 5800

Continence Service

0115 883 8900 Option 1

Option3 for continence prescription



For further self referral information please see:

[www.SignpostingHealth.com](http://www.SignpostingHealth.com)



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