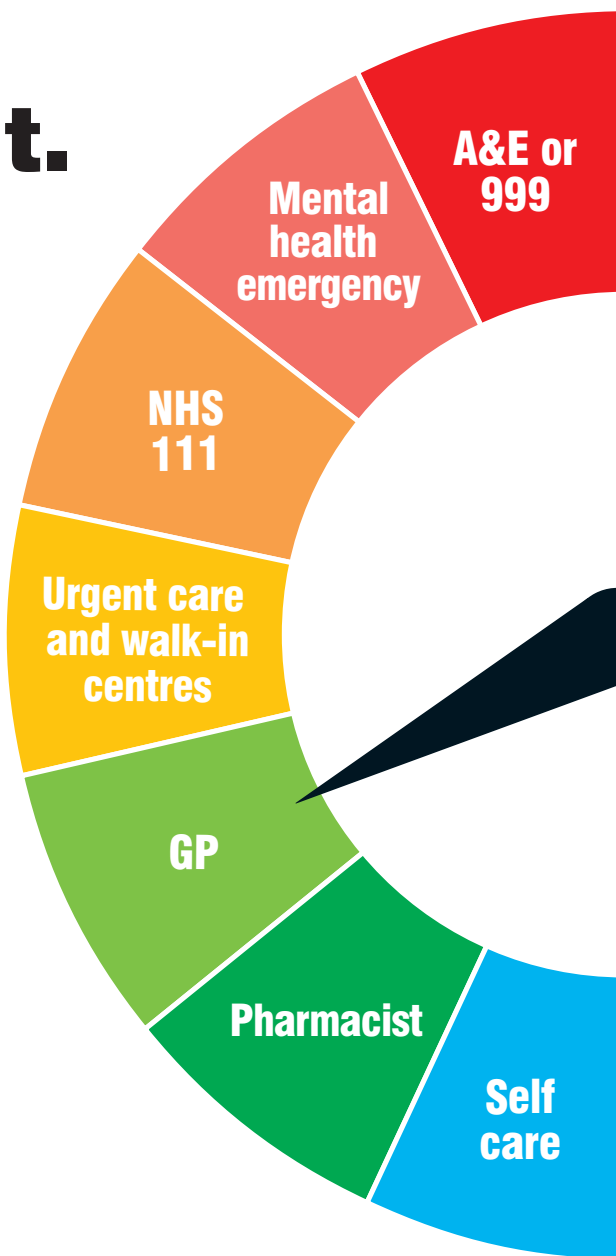


# Choose the right treatment.

If you are injured or ill, the NHS provides a range of services to help you get well. You can get faster and better treatment by choosing the NHS service that can best treat your symptoms. This will help us reduce the pressure on services like A&E so they can help those people in most need.

**Remember:** A&E is for life threatening illnesses and injuries only.

**Visit NHS Choices**  
**[www.nhs.uk](http://www.nhs.uk) for more information.**



# Choose well.

**Hangover?  
Grazed knee?  
Sore throat?  
Cough?**



## **Self care**

A lot of common illnesses can be treated in your home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet paracetamol or aspirin, anti diarrhoea medicine, rehydration mixture, indigestion remedy, plasters and a thermometer. Self-care is the best choice to treat very minor illnesses and injuries.

For more information about looking after yourself visit **[www.nhs.uk](http://www.nhs.uk)**.

**Diarrhoea?  
Runny nose?  
Painful cough?  
Headache?**



## **Pharmacist**

Your local pharmacist can give you friendly, expert advice about over-the-counter medicines that can help with lots of common conditions, without the need for an appointment.

As well as dispensing prescriptions, pharmacists provide a range of services related to specific health issues and can advise on minor ailments such as colds, skin conditions and allergies. Other services include emergency contraception and incontinence supplies.

For help finding your nearest pharmacist, use the online search on **[www.nhs.uk](http://www.nhs.uk)** or call **0300 311 22 33**.

**Vomiting?  
Ear pain?  
Stomach ache?  
Back ache?**



## **GP**

Make an appointment with your local GP when you have an illness or injury that will not go away. Get the treatment you need at a convenient time and place and reduce the demand on emergency services.

Registering is free and means you can make an appointment with a doctor for medical advice, examinations and prescriptions.

For help finding your nearest GP, use the online search on **www.nhs.uk** or call **0300 311 22 33**. If you need to see a GP urgently when your practice is closed, call **111**.

**Cuts?  
Strains?  
Itches?  
Sprains?**



## **Urgent care and walk-in centres**

Use your local urgent care centre or walk-in centre if you need medical treatment or advice which does not need a visit to A&E or when you can't wait for an appointment with your GP.

These centres treat most injuries and illnesses that are urgent but not life threatening. For example sprains and strains, broken bones, minor burns and scalds, minor head and eye injuries, bites and stings. You don't need to book an appointment – just turn up and you will be seen promptly by either a doctor or nurse.

To find your nearest urgent care or walk-in centre visit NHS Choices on **www.nhs.uk**. You can also call **111** for urgent medical advice.

## It's not a medical emergency but you need help fast?



### NHS 111

111 is the new NHS free phone number for when you need medical help fast – but it is not an emergency. If it is an emergency - when someone needs help to save their life – call 999. The service operates 24 hours per day, 7 days per week, 365 days a year.

Calls to 111 will be assessed, advice given and, if needed, patients will be directed to the most appropriate local health services.

Call **111** if :

- You need an NHS urgent care service
- You don't know who to call for medical help
- You need information about a health issue

Calls to 111 are free wherever you call from. For patient safety, calls to 111 are recorded. 111 has replaced the former NHS Direct service.

## Mental health emergency?



### Emergency service

Barnet, Enfield and Haringey Mental Health Trust has a crisis and emergency service. This service is there to support people who are experiencing a mental health crisis and who need help quickly.

The service can be accessed through your GP, by calling 111 or by dialling the number for your borough's emergency service. Lines are open 24 hours, 7 days a week.

Barnet	<b>020 8702 4040</b>
Enfield	<b>020 8702 3800</b>
Haringey	<b>020 8702 6700</b>

**Chest pain?**  
**Choking?**  
**Blacking out?**  
**Blood loss?**



### **A&E or 999**

For life threatening injuries or illnesses go to A&E or call 999. A&E departments are open 24 hours a day, 365 days a year to treat people with serious and life-threatening emergencies. A&E or 999 should only be used in a critical or life-threatening situation.

## **Your local services**

### **Walk-in centres**

Walk-in centres are GP or nurse led. You do not need an appointment.

#### **Finchley NHS Walk-in Centre**

Finchley Memorial Hospital, Granville Road, London N12 0JE. Tel: 020 8349 7470. Open daily from 8am to 9pm.

This centre also operates outpatient services and has X-ray facilities.

#### **Edmonton NHS Walk-in Centre**

Evergreen Primary Care Centre, 1 Smythe Close, Edmonton N9 0TW. Tel: 020 8887 8355. Open weekends and bank holidays only from 8am to 8pm.

#### **Edgware NHS Walk-in Centre**

Edgware Community Hospital, Burnt Oak, Broadway, Edgware, Middlesex HA8 0AD. Tel: 020 8732 6459. Open daily from 7am to 9pm.

#### **Cheshunt Minor Injuries Unit**

Cheshunt Community Hospital, King Arthur Court, Cheshunt, Herts EN8 8XN. Open daily 8am to 8pm.

## **Local urgent care centres**

Urgent care centres are doctor led and also offer patient testing facilities. They are generally located within or next to A&E departments. You do not need an appointment.

### **Chase Farm Hospital urgent care centre**

The Ridgeway, Enfield EN2 8JL. Open daily 9am to 9pm.

### **Barnet Hospital urgent care centre**

Wellhouse Lane, Barnet EN5 3DJ. Open daily 9am to 9pm.

### **North Middlesex Hospital urgent care centre**

Sterling Way, Edmonton, N18 1QX. Open daily 8am to 11pm.

### **The Whittington Hospital urgent care centre**

Magdala Avenue, London N19 5NF. Open daily 8am to 10pm.

## **Local A&E departments**

All A&E departments are open 24 hours a day, seven days a week.

### **Barnet Hospital**

Wellhouse Lane, Barnet, EN5 3DJ.

### **North Middlesex Hospital**

Sterling Way, Edmonton, N18 1QX.

### **The Whittington Hospital**

Magdala Avenue, London N19 5NF.

