

Useful numbers to help ensure you receive
the **quickest and most appropriate care...**

NHS Direct

Call: 0845 46 47

For health advice and
information about local
services.

Calls are free of charge.

Pharmacy

Text: 64 74 6

to find your nearest pharmacy

For expert advice and
treatment of minor
symptoms.

Texts are free of charge.

GP Practice

Call:

For more serious health problems that won't go away.

Out of hours (if your GP Practice is closed)

Call: 0845 056 8060

For more serious health problems that can't wait until morning.

Emergency Call: 999

For serious and life threatening emergencies only.



Information on your mobile

More information is available on the NHS Choices website.
If you have a mobile phone, visit www.nhs.uk/mobile



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and Humber **Android** app



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and Humber **iPhone** app