

# Your guide to healthcare services in Herefordshire this winter

There are lots of different places to receive care and treatment if you become ill or injure yourself this winter.

Picking the right one is important to help ensure you get seen and treated in the most appropriate way.

We've put together this handy guide to help you get the best out of local healthcare services across Herefordshire.

Please keep this leaflet to hand - and feel free to pick up an extra one if you would like to pass it on to a friend or family member who could benefit from having their own copy.

**Don't forget, the A&E Department is there if you sustain a serious injury or become seriously ill.**

**If it's an emergency, don't hesitate, ring 999 immediately.**

The A&E team

**GET  
BOOSTED  
NOW**

**GET YOUR COVID-19  
BOOSTER VACCINE  
NHS.UK/COVIDVACCINATION**

# Your guide to help you stay healthy this winter

## Self care

Make sure your medicine cupboard is stocked up with over the counter remedies for coughs, colds, cuts, tummy troubles etc

## General Practice

GP surgeries are usually the first contact if you have a health problem. They can treat many conditions and give health advice. To find out about registering with a GP service, visit: [www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/](http://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/)



## NHS 111



For non-emergency medical help ring 111. The service is available 24/7 and staffed by trained advisors and experienced clinicians. Alternatively, visit [111.nhs.uk](http://111.nhs.uk)

## Pharmacy

For advice and treatment for minor ailments such as coughs, colds, sore throats, tummy trouble and aches and pains, visit a local pharmacy. To find a pharmacy, go to [www.nhs.uk/service-search](http://www.nhs.uk/service-search)



## Dental treatment



Use the NHS 111 online services ([111.nhs.uk](http://111.nhs.uk)) if you cannot contact your dentist or do not have one.

## Sexual health

For sexual health testing and treatment in Herefordshire visit [www.sexualhealthservices4herefordshire.co.uk](http://www.sexualhealthservices4herefordshire.co.uk)



## Mental health

If you are experiencing a mental health crisis, the Herefordshire and Worcestershire Mental Health Helpline can help. Call 0808 196 912



If you are experiencing anxiety, depression or low mood, contact Healthy Minds: [Healthyminds.whct.nhs.uk](http://Healthyminds.whct.nhs.uk)  
Telephone: 0300 013 57 27

## Drugs and alcohol

Turning Point Herefordshire Recovery Service is a confidential and free service for anyone experiencing alcohol or drugs issues. Visit [www.turning-point.co.uk/herefordshire](http://www.turning-point.co.uk/herefordshire) to complete an online referral form. For more information: 0300 555 0747 or email [Herefordshire@turning-point.co.uk](mailto:Herefordshire@turning-point.co.uk)



## Eye problems



For advice on eye or sight problems, including urgent NHS care, contact an optician. For a list of opticians in your area visit: [www.nhs.uk/service-search/find-an-optician](http://www.nhs.uk/service-search/find-an-optician)

## Talk Community

Keep yourself well this winter with free online wellbeing information and signposting to local support services, groups and activities to help you stay healthy and active. Visit [www.talkcommunitydirectory.org](http://www.talkcommunitydirectory.org)

