

Your guide to health services in Lincolnshire



SELF CARE

Treat aches and pains, coughs and colds at home – stock your medicine cabinet with over the counter remedies.



PHARMACY

Visit your local pharmacy for advice on minor injuries, allergies, constipation, headaches, cold and flu symptoms and earache.



YOUR GP PRACTICE

GP practices are open. Talk to your GP, nurse or other healthcare professionals about symptoms that aren't going away. They can offer telephone, online or face-to-face appointments depending on what your health concern is.



NHS 111

If you need help fast but it's not an emergency, think NHS 111. Open 24/7. Call 111 or visit 111.nhs.uk.



URGENT TREATMENT CENTRE

You can visit your local Urgent Treatment Centre for sprains, fractures, minor burns and skin infections. Walk in or bookable appointments available via NHS 111.



DENTAL TREATMENT

For urgent dental care please call your local NHS dental practice. For urgent care, advice out-of-hours, call NHS 111.



MENTAL HEALTH CRISIS LINES

If you're worried about your mental health, or experiencing a mental health crisis call our 24/7 helplines.

For adults call 0800 001 4331 and for children, young people and their families call 0800 234 6342.

Find out more here: www.nhs.uk

In a medical emergency call 999.

This is when someone is seriously ill or injured and their life is at risk.