



**NHS**

**Merton**

Clinical Commissioning Group

# Need treatment or health advice in Merton?

There are more options than you might think...



## Self-care

Minor symptoms (headaches, sore throats, stomach upsets etc.) can be treated with off-the-shelf medicines - available from your local pharmacy, convenience store or supermarket.



## Pharmacy

Expert advice and treatment for minor symptoms and conditions. Some are open late and at weekends - no appointment necessary. Find your nearest pharmacy via [www.nhs.uk](http://www.nhs.uk) or [www.merton.healthhelpnow.nhs.uk](http://www.merton.healthhelpnow.nhs.uk)



## GP Practice

For more significant illnesses and long-term medical problems, make an appointment with your GP. When your practice is closed, call 111 to access urgent GP services. Evening and weekend appointments available from 1 April 2017.



## NHS 111 - the free phone service

Not sure which service you need? NHS 111 is a fast and easy way to get the right help, whatever the time. Call **111** when you need medical help fast but it's not a 999 emergency. The service is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.



## A&E or 999

**For serious injuries and emergencies only.**

Further information is available on the free Health Help Now website and app [www.merton.healthhelpnow.nhs.uk](http://www.merton.healthhelpnow.nhs.uk) or on the NHS Choices website [www.nhs.uk](http://www.nhs.uk)