Getting medical advice and treatment

One or more sections on this page provide access to easy-read information - look out for this logo.

If you are unwell then you will be better placed than anyone to decide if you need to seek medical advice, and how urgently you need that advice.

On this page we give details of the main ways in which to get medical advice, and seek treatment.

If your situation is life-threatening then always call 999. But try not to use emergency services unless it is absolutely necessary.

- Call NHS 111
- Contacting your GP
- Consulting your local chemist
- Walk-in and out-of-hours clinics
- Contacting your local district nurses
- Checking your symptoms on-line
- 999 Calls, Accident and Emergency, and hospital admission
- Other information and advice