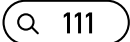




Just think 111 first

When you think you need A&E,
contact NHS 111 by phone or online.



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NHS 111 is free and is available 24 hours a day, 7 days a week. You answer questions about your symptoms on the website, or by speaking to a fully trained adviser on the phone. Depending on the situation you will:

- find out what local service can help you
- be connected to a nurse, emergency dentist, pharmacist or GP
- get a face-to-face appointment if you need one
- be given an arrival time if you need to go to A&E – this might mean you spend less time in A&E
- be told how to get any medicine you need
- get self-care advice

Contacting NHS 111 first makes it easier for you to get the right advice or treatment.

If you or someone you know is experiencing a life-threatening medical emergency, you should still attend A&E or call 999 immediately.

JUST THINK 111 FIRST

Go to 111.nhs.uk or call 111

Also available by NHS 111 British Sign Language interpreter service at nhs.uk/111 and textphone on 18001 111.

