in Hammersmith and Fulham? Hammersmith and Fulham





NHS 111

NHS 111 is the **free** NHS non-emergency number. You can speak to a **fully trained adviser,** supported by healthcare professionals. They will ask questions to assess your symptoms and direct you to the best medical care for you.

How to access:

Call 111

or visit the website:

111.nhs.uk

Opening hours:

24 hours a day seven days a week

Pharmacies

Your local pharmacist, or chemist, is a highly trained healthcare professional.

They can offer **free** advice and suggest medicines or treatments for many common problems such as headaches, stomach problems, coughs, and colds. Some pharmacists can also give flu vaccinations.

Seeing a GP or a nurse

It is very important to be registered with a GP. For information on how to register, please visit www.nhs.uk.

You can also book to see a GP or nurse in the evening or at the weekend at a local practice hub.

GP local practice hub opening hours

How to access:

Call your GP practice

or if your practice is closed:

111.nhs.uk

Opening hours:

6.30pm - 8pm on Monday to Friday

8am - 8pm on Saturday, Sunday

and Bank Holidays

Urgent Treatment Centre (UTC)

GPs and nurses at the UTC are able to treat minor injuries or illnesses requiring immediate care, but not serious enough to require a visit to the A&E department.

Charing Cross Urgent Treatment Centre, St Mary's Urgent Treatment Centre and Chelsea and Westminster Urgent Treatment Centre:

Opening hours:

24 hours a day seven days a week

Hammersmith Urgent Treatment Centre:

Opening hours:

8am - 12 midnight, 7 days a week

Patients will need to attend the UTC before 11pm in order to complete their treatment before the unit closes at midnight.

Mental health crisis

For help in a mental health crisis, contact the West London NHS Trust 24/7 helpline.

How to access:

Call 030 0123 4244

Opening hours:

24 hours a day seven days a week

If you or somebody else is in immediate life-threatening danger you can ring 999.

Accident and Emergency

In A&E you will be seen by specialist doctors and nurses ready to treat those with serious or **life-threatening** injuries and illnesses, which can include: loss of consciousness, persistent, severe chest pain, breathing difficulties and choking, severe bleeding that cannot be stopped, having fits, severe broken bones or burns.

How to access:

Call 999

Opening hours:

24 hours a day seven days a week

Health Help Now

Health Help Now is an app which helps you find the right health services, medical advice and trusted information. **How to access:** Download for free from the App Store (for Apple devices) or Google Play (for Android devices). Please select the relevant app for your area.



