

Unwell? Unsure?	<p>NHS Direct offers confidential health advice and information by telephone, internet and through digital TV.</p>	<p>NHS Direct (24 hours every day) Telephone: 0845 46 47 www.nhsdirect.nhs.uk</p>
	<p>Need information on health? NHS Choices provides online information from the NHS to help you make better decisions about your health and care.</p>	<p>NHS Choices - www.nhs.uk</p>
	<p>Local pharmacists can offer advice on common illnesses and conditions e.g. cough, colds, skin irritations. You don't need an appointment to see a pharmacist. Some pharmacies are open later than GP surgeries and many are open on Saturdays.</p>	<p>If you need to find a local pharmacy and find out when they are open: www.nhs.uk will be able to give you this information</p>
Do you need to see a nurse or doctor today?	<p>Your GP can offer advice, treatments and prescriptions for illnesses that won't go away with self care.</p>	<p>My GP: _____ Tel: _____ Opening: _____</p> <p>If you need to find a GP and find out when they are open: www.nhs.uk</p>
	<p>Blaydon Minor Injury and Illness Unit and Bensham Walk-in Centre can offer advice, information and treatment for minor illnesses and injuries.</p> <p>More complicated cases will be referred elsewhere.</p>	<p>Blaydon Minor Injury and Illness Unit** NE21 5NW Tel: 0191 443 6302 8am - 8pm / 7 days per week **GP access without an appointment</p> <p>Bensham Walk-in Centre* NE8 4YL Tel: 0191 445 5454 7am - 10pm / 7 days per week *Children should be over 1 year of age</p>
	<p>Out of Hours Doctor service is available from 6pm – 8am and all weekend.</p>	<p>Out of Hours Doctor Tel: 0845 056 8060</p>
Do you need urgent attention?	<p>Accident & Emergency services are intended if you require immediate hospital attention due to a serious illness or injury</p> <p>Or</p> <p>Dial 999 if you are worried and need specialist help urgently.</p>	<p>A&E Department (24 hours every day)</p> <p>Entrance A Queen Elizabeth Hospital Gateshead NE9 6SX Tel: 0191 482 0000</p>

***Please remember you can talk to your school nurse in confidence about a range of health issues**
This information can also be shared with the person responsible for your care.
 This information is also on display in school in a larger format.