

Urgent dental care

Urgent care, advice and appointments are available for all residents and visitors seven days a week. You can call the Dental Helpline on **0845 050 8345** or 023 8082 8151 which may be cheaper with some call providers and on your mobile, during the following times:

	Monday to Friday 8.30am - 5.30pm	Monday to Friday 5.30pm - 9.30pm Weekends and Bank Holidays 8am - 9.30pm
Have a regular dentist?	Call your dental surgery as normal	Call the Dental Helpline
Not receiving regular NHS dental care?	Call the Dental Helpline	Call the Dental Helpline

Urgent care appointments offer pain relief and NHS charges and exemptions will apply to your treatment – for children, there are no charges.

If you need further treatment the helpline will help you find a regular NHS dentist.

The Dental Helpline can also help you find a dentist for your regular NHS dental care. This service is available from 9am to 5pm, Monday to Friday or you can look for a dentist online.



You can contact the Helpline on **0845 050 8345** or visit **www.hampshiredentalhelpline.nhs.uk**

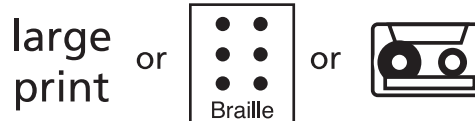
www.hampshire.nhs.uk/choosewell
NHS Hampshire
Omega House
112 Southampton Road
Eastleigh
SO50 5PB



▶ www.nhsdirect.nhs.uk
▶ Digital TV
▶ Telephone 0845 4647

Available 24 hours

For a translation of this document, an interpreter or a version in



please contact
Communications

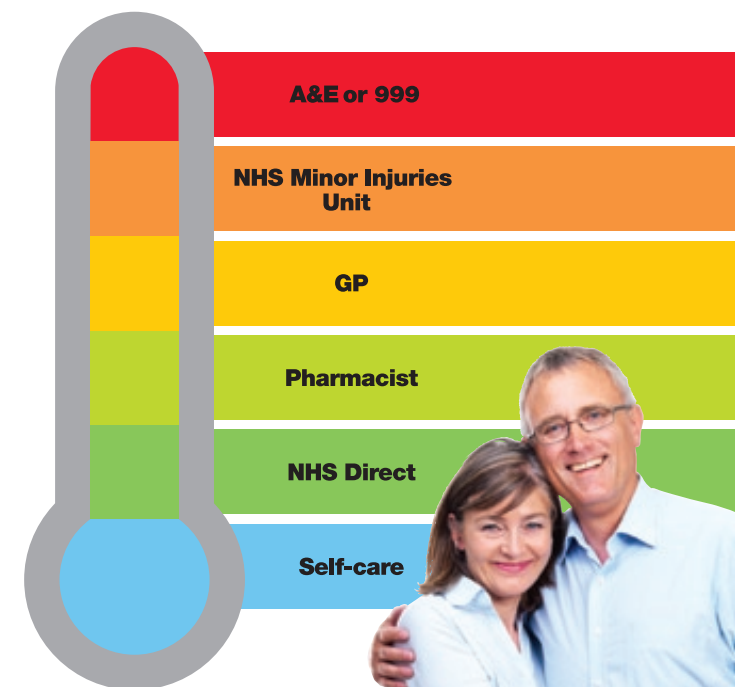
☎ 023 8062 3285

www.hampshire.nhs.uk/choosewell

SLA31363 West – NHS Creative – November 2011

Your guide

to choosing the right NHS service if you become ill or are injured.



www.nhs.uk



Emergency Department (A&E)

**Choking.
Chest pain.
Blacking out.
Blood loss.**

For symptoms or serious illness and major accidents, choose the Emergency Department or 999. Emergency services should only be used in very serious or life threatening situations.
Southampton General Hospital, Tremona Road, Southampton SO16 6YD. Tel: 023 8077 7222
Royal Hampshire County Hospital, Romsey Road, Winchester SO22 5DG. Tel: 01962 863535
Royal Bournemouth Hospital, Castle Lane East, Bournemouth BH7 7DW. Tel: 01202 704167

NHS Minor Injuries Unit

**Cuts.
Sprains.
Itches.
Bites.**

For minor injuries, choose the minor injuries unit or walk-in centre. You do not require an appointment.
Minor Injuries Unit, Andover War Memorial Hospital, Charlton Road, Andover SP10 3LB. Tel: 01264 835218. Open 8.30am to 9.30pm, everyday.
Minor Injuries Unit, Lymington New Forest Hospital, Wellworthy Road, Lymington SO41 8QD. Tel: 01590 663000. Open 8am to 9pm, everyday.
Southampton Minor Injuries Unit, Fanshawe Wing, Royal South Hants Hospital, Brintons Terrace, Southampton SO14 0YG. Tel: 023 8071 6539. Open 8am to 9.30pm, everyday.

GP Surgery

**Vomiting.
Ear pain.
Sore belly.
Back ache.**

Make an appointment with your doctor for medical advice, examinations and prescriptions.
Salisbury Walk In Centre, Avon Approach, Salisbury SP1 3SL. Tel: 01722 331191. Open 8am to 7.45pm, everyday. You don't need an appointment or to be registered with the centre.
For urgent medical problems when your GP surgery is closed:
Patients in the New Forest, Andover, Winchester, Romsey, Eastleigh, Fordingbridge and Totton should call 0844 811 3060.

Pharmacy

**Diarrhoea.
Runny nose.
Painful cough.
Headache.**

Your local pharmacist can give advice on common illnesses and the medicine you need to treat them.
For more information about pharmacies in your area, please contact NHS Direct.

NHS Direct

**Unwell?
Unsure?
Confused?
Need help?**

Contact NHS Direct if you are ill and have any questions about your health. NHS Direct can also help you find health services in your local area.
0845 4647
www.nhsdirect.nhs.uk
Freeview 108
Sky Digital (press the interactive button on your remote)

Self-care

**Hangover.
Grazed knee.
Sore throat.
Cough.**

A lot of illnesses can be treated in your home by using medicine and getting plenty of rest. Don't forget to keep a well stocked first-aid kit in your home - ask your pharmacist for advice.

