

# Don't know where to go or who to see?



...could you skip the surgery and  
treat yourself?

...is there another service you  
could use, rather than your GP?



*For information on community services and self-care in  
Nottingham City visit:*

[www.signpostinghealth.com](http://www.signpostinghealth.com)

Get the best help,  
first time.



 Nottingham City  
General Practice  
Alliance

# Did you know that you can self-refer to these local services without needing to see the GP or nurse?

## Pharmacy First

Seeing your local pharmacist may save you a trip to the GP. They can help with the following:

Hay fever  
Head lice  
Sore Throat  
Teething Pain  
Insect bites/stings  
Toothache

Warts and verrucae  
Fever  
Conjunctivitis  
Earache  
Constipation  
Vaginal Thrush

Temperature  
Athlete's foot  
Diarrhoea  
Threadworm  
Haemorrhoids

**Self-care advice: [www.signpostinghealth.com](http://www.signpostinghealth.com)**

### Stop Smoking

Stub It! New stop smoking service available through GP+  
Contact your GP Surgery reception team to book

### Physio & Occupational Therapy (Over 18s only)

New joint/back pain: 0115 883 8320  
OR for initial assessment, ask your GP Surgery for an appt at GP+

### Podiatry (Foot care)

Complete self-referral form (available at reception desk or at [www.signpostinghealth.com](http://www.signpostinghealth.com))

### Self-Harm or Suicidal

Samaritans – 116 123  
[www.samaritans.org](http://www.samaritans.org)  
In an emergency call 111 or 999

### Counselling & Psychotherapy

LTWB 0115 956 0888  
Insight 0300 555 5582  
Trent PTS 0115 896 3160  
Bereavement 0115 924 4404

### Counselling for Young People (aged 13-19)

Base 51 support/ counselling  
0115 952 5040

### Medication Reviews

For an annual review of your prescribed medicines, ask your GP Surgery for an appt with a Clinical Pharmacist at GP+

### Sexual Health Service (inc. STIs)

Call GUM Clinic  
0115 962 7627

### Drug Problems Alcohol Problems

Nottingham Recovery Network  
0800 066 5362 or drop in

### Midwife

Visit [signpostinghealth.com](http://signpostinghealth.com) to find contact details for your nearest midwifery service

### Child & Family Support

Parenting support, activities, behavioural problems and more  
0115 876 4800

### Health Visitors

Support with children aged 0-5  
0115 883 8900

### Social Care (Adults)

Assessments for help, equipment and more  
0300 131 0300

### Learning Disabilities

Support for patients aged 14+ with learning disabilities  
0115 883 4859

### Macmillan Cancer Support

For anyone affected by cancer  
0808 808 0000  
Or drop in at QMC/City Hospital

### X-ray booking

0115 875 4568  
(Referral from GP required first)

### Hospital appt / results

Call your consultant's secretary...  
QMC: 0115 9249924  
City: 0115 9691169

### Domestic Violence

Women – 0808 800 0340  
Men – 0808 801 0327  
Perpetrators – 0808 802 4040