

**GET IN THE
KNOW**

Tips for getting the right NHS care for you and your family

1

Use NHS 111 when it's urgent

If you need urgent care, you should seek help straight away.

Contact NHS 111 online, by phone or via the NHS App at any time, day or night

3

Use a pharmacy for minor illness

Pharmacies can support with common illnesses by providing advice and medication.

Many can also prescribe prescription medication for some conditions without you needing to see a GP first.

5

Get in the know, before you need to know

2

Check out the urgent care services

If you have an urgent health concern, there are many urgent care services you can access without an appointment.

Use NHS 111 to make sure it's the right place for you.

4

Visit a neighbourhood mental health cafe

If you need support with your mental health and wellbeing, visit one of the local neighbourhood mental health cafés.

There are cafés spread around Leicester, Leicestershire and Rutland, run by trained and supportive staff.

Visit www.getintheknow.co.uk for lots of useful information on getting the right care at the right time over the winter months.