

HELP US,
HELP YOU



Think which service?

NHS

Shropshire, Telford
and Wrekin

Find out which service in Shropshire, Telford and Wrekin can best help you.



SELF CARE

Common ailments
and illnesses

Minor cuts and grazes,
bruises and minor
sprains, coughs
and colds



111.NHS.UK

Need help fast and it's
not an emergency?

Feeling unwell?
Unsure? Anxious?
Need help?



PHARMACIST

Health advice and over
the counter medicines

Fevers, stomach
upsets, bites, stings,
headaches, aches
and pains



GP

Symptoms that
won't go away

Ear pain, back pain,
stomach pain



MINOR INJURY
UNITS

Minor
injuries

Sprains, fractures,
minor burns, skin
infections, minor
eye injuries

999

A&E

Life threatening
emergencies

Loss of consciousness,
severe breathing
difficulties, heavy
bleeding

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