

Do you know which service to use?

NHS

Shropshire, Telford
and Wrekin



Find out which service you should use to
get the right support and quickest medical
help in Shropshire, Telford and Wrekin.

thinkwhichservice.co.uk

Our local health and care professionals are ready and waiting to provide you with the right help, at the right time, in the right place. All you need to know is which service best suits your needs.

Think self-care for good mental and physical well-being

I'm a local GP, here are my top self-care tips:

- Stay active, eat well, and spend time outdoors
- Contact your local council if you are worried about money, struggling to pay bills or buy food
- Connect with others and check on older or unwell neighbours, friends and family
- Keep a stocked medicine cabinet
- Get COVID-19 and flu vaccinations if eligible



GP
Telford and Wrekin



Pharmacist
Shrewsbury

Think Pharmacist for the right advice and medication for your condition

I'm a community pharmacist. We are highly qualified and knowledgeable experts.

All pharmacies in Shropshire, Telford and Wrekin have private consultation rooms and can provide treatment and some prescription medicine for **seven common conditions** without seeing a GP. Speak to your pharmacist if you have:

- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bites
- Impetigo
- Shingles
- Urinary tract infections (women)

Find out which service you should use and why.



**NHS 111
Call Handler**

Think NHS 111 online if you're not sure what to do

I'm an NHS 111 call handler. Call NHS 111 or visit 111.nhs.uk for:

- Prompt guidance, keeping GP Practices and A&E free for those who need them most
- 24/7, 365 days a year, quick advice for non-life-threatening medical issues
- Emergency face-to-face appointments with a healthcare professional
- Assistance with repeat prescriptions or emergency supply
- Emergency dental support
- Emergency mental health support

Think Minor Injury Units (MIU) before A&E

I'm one of the Emergency Care Practitioners at a local MIU. We treat various minor injuries without the A&E wait times:

- Bites and cuts
- Foreign bodies in the eyes, nose and ears
- Fractures (5 years and above)
- Minor burns and head injuries (with no loss of consciousness)
- Soft tissue injuries and wound infections

Visit us and keep A&E free for life-threatening emergencies.

MIUs are in Bridgnorth, Ludlow, Whitchurch, and Oswestry Health Centre.



**Emergency Care Practitioner
Bridgnorth MIU**

Think which service for the right help, fast



**Common ailments
and illnesses**



**Urgent medical help
or advice that isn't
life-threatening**



**Health advice and
over the counter
medicines**



**Symptoms that
won't go away**



**Walk-in service for
urgent care**



**Life-threatening
emergencies**