Other sources of information

The NHS App

By downloading the NHS App, you can get A-Z health information and through 111 online get advice on what to do if you need urgent help.

The local NHS ASAP website and App

The asapglos.nhs.uk website and ASAP Glos NHS App also offer care advice as well as information on all local services and when to use them e.g. Community Pharmacy, GP surgery, the Gloucester Health Access Centre, Community Minor Injury and Illness Units and A&E.

Click or call first help us help you

To discuss receiving this information in large print or Braille please ring: **0800 0151 548**

To discuss receiving this information in other formats please contact:

এই তথ্য অন্য ফর্মাটে পেতে আলোচনার জন্য দয়া করে যোগাযোগ করুন

如需以其他格式接收此信息，请联系

V případě, že potřebujete obdržet tuto informaci v jiném formátu, kontaktujte prosím

આ માહીતી બીજા ફોરમેટસમાં મળાવાની ચર્ચા કરવામાટે કૃપાકરી સંપર્ક કરો

Aby uzyskać te informacje w innych formatach, prosimy o kontakt

По вопросам получения информации в других форматах просим обращаться

Ak si želáte získať túto informáciu v inom formáte, kontaktujte prosím

FREEPOST RRYY-KSGT-AGBR
PALS, NHSG CCG, Sanger House, 5220 Valiant Court,
Gloucester Business Park, Gloucester GL3 4FE

One Gloucestershire
Transforming Care, Transforming Communities

NHS

CLICK OR CALL FIRST

Ill or injured, but not life threatening?

Not sure where to turn?

For illnesses that won't go away – click or call your GP surgery

If you think you may need A&E or to get the right service 24/7 click 111.nhs.uk or call 111

Click or call first help us help you

Click or call your GP surgery

If you have an illness that won't go away, contact your GP surgery through their website, the NHS App or by phone.

Click or call NHS 111

If you think you may need A&E or to get the right service 24/7, click 111.nhs.uk or call 111.

Increasingly, the 111 phone service is able to book appointments for you into local services e.g. GP surgeries and hospitals.

If you have symptoms of COVID-19

Please do not turn up at your GP surgery or hospital.

If your symptoms worsen during self-isolation at home and you need medical advice, contact your GP surgery or click or call 111.

If it's a medical emergency

If you or someone you know is experiencing a medical emergency, you should call 999 or attend the Emergency Department (A&E).

What is a medical emergency?

A critical or life threatening situation, such as:

- Loss of consciousness
- Fits that are not stopping
- Severe chest pain or signs of stroke
- Breathing difficulties
- Severe bleeding that cannot be stopped
- Severe allergic reactions
- Severe burns or scalds
- Major trauma such as a road traffic accident.