

GET THE RIGHT TREATMENT IN SUTTON

Can you treat yourself at home?

For minor injuries and illnesses, treat yourself with a well-stocked medicine cupboard and first aid materials.

Do you need advice or have a minor illness or injury?

Ask your local pharmacist! They can give you advice and treatment for a variety of conditions. They can also prescribe some medicines.

Do you need urgent advice but it's not an emergency?

Call **NHS 111** and they will direct you to the most appropriate service for you.

Do you need to see a doctor?

Call your local GP practice, visit the Wilson Health Centre (GP surgery with walk-in services). If you need to see your GP out of hours call **NHS 111**.

Do you have a very serious/life threatening illness or injury

Call 999 or visit your local A&E department.

At the hospital

- If you need emergency care fast—you will be seen by health professionals in the *emergency department*.
- If your problem is not medically an emergency, you will be seen by health professionals in the *urgent care centre*.
- You may also be redirected from A&E to a more appropriate service.

GP led health centre/Walk in service

Wilson Health Centre
Cranmer Road
Mitcham
Surrey CR4 4TP

Telephone: 020 3458 5100
Out of hours: 0845 603 1087

www.thewilson.co.uk

If you need to see your GP urgently and have difficulty getting an appointment, the Wilson Health Centre can:

- See patients without an appointment and offer pre-booked appointments.
- See registered and non-registered patients

If you need treatment for an illness or injury that isn't life-threatening, you can also walk in and wait to be seen.

The Wilson Health Centre is open from 8:00am—8:00pm, seven days a week.

A&E department/Urgent Care Centre

St Helier Hospital
Wrythe Lane
Carshalton
Surrey SM5 1AA

Telephone: 020 8296 6000

www.epsom-sthelier.nhs.uk

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