

Looking for health advice or treatment in Richmondshire?

There are more options than you might think...



Self-care

Minor symptoms (headaches, sore throats, stomach upsets etc.) can be treated with off-the-shelf medicines - available from your local pharmacy, convenience store or supermarket.



NHS Direct

Advice on symptoms, treatment and local services. Call free on **0845 46 47** or visit www.nhsdirect.nhs.uk



Pharmacy

Expert advice and treatment for minor symptoms and conditions. Some open late and on weekends - no appointment necessary. Text 'pharmacy' to **64746** to find your nearest.



GP practice

For more significant illnesses and long-term medical problems. If you have a serious health issue out of normal opening hours, call your practice to be connected to the out of hours service.



Minor injury services

GP practices can treat patients for minor injuries on a drop-in basis. Minor injuries are things like sprains, strains, wound infections and minor burns.

Harewood Medical Practice (42 Richmond Road, Catterick Garrison DL9 3JD) has a Minor Injury Centre open Monday to Friday, 8am to 6pm which can see non-registered patients.



A&E or 999

For serious injuries and emergencies only. Depending where you are in Richmondshire, there are four A&E departments to choose from:

- James Cook University Hospital, Middlesbrough TS4 3BW
- The Friarage Hospital, Northallerton DL6 1JG;
- Royal Lancaster Infirmary, Ashton Road LA1 4RP;
- Darlington Memorial Hospital, Hollyhurst Road DL3 6HX.



Information on your mobile

More information is available on the NHS Choices website. If you have a mobile phone, visit www.nhs.uk/mobile



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