

Looking for health advice or treatment in Whitby?

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 injuries services at Whitby Hospital

Minor injuries are things like sprains, strains, wound infections and minor burns.

Whitby Hospital (Spring Hill, Whitby YO21 1EE) offers a nurse-led Minor Injuries Service from 8am to 11pm, seven days a week. No appointment necessary.



A&E or 999

For serious injuries and emergencies only. Your nearest A&E is: Scarborough Hospital, Woodlands Drive, YO12 6QL.



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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