

Looking for health advice or treatment in Harrogate?

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. GP practices can also treat patients for minor injuries on a drop-in basis. 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 unit @ Ripon Community Hospital

On Firby Lane, Ripon HG4 2PR. Open 7 days a week, 8am to 9pm. Offers a nurse-led service to treat minor injuries like cuts, burns and fractures. No appointment is necessary.



A&E or 999

For serious injuries and emergencies only. Your nearest A&E is at Harrogate Hospital, Lancaster Park Road HG2 7SX.



Information on your mobile

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



Download the NHS Yorkshire and Humber **Android** app



Download the NHS Yorkshire and Humber **iPhone** app