

# Looking for health advice or treatment in Scarborough?

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](http://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.



## NHS walk-in service @ Castle Health Centre

3-4 York Place, Scarborough YO11 2NP, open 7 days a week 8am to 8pm. Offers a nurse-led service to treat minor injuries and illnesses. No appointment necessary. Call 0330 123 9278.



## A&E or 999

**For serious injuries and emergencies only.** Your nearest A&E is at 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](http://www.nhs.uk/mobile)



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