



Your local NHS and CARE services are here for you

This guide could save
your life – keep it in a
safe and accessible place

For more
information,
scan the
QR code



Produced by the NHS in Devon:

- 01392 674 801
- D-ICB.Communications@nhs.net

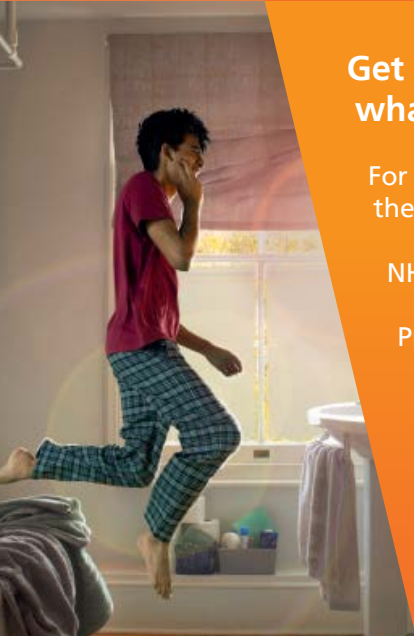
Click or call 111 first

Get the care you need no matter what the problem

For urgent, non-life-threatening medical care, contact the NHS at www.111.nhs.uk or call 111

NHS 111 is open 24-hours a day, seven-days a week

Protect others. Protect the NHS. Think 111 first



"I use the NHS App to check my GP medical record and book appointments at my surgery."

Elizabeth, social worker

Your NHS, your way
Download the NHS App 📱

Download on the App Store | GET IT ON Google Play

NHS App

The advertisement features a woman with long braids, Elizabeth, a social worker, holding a smartphone. A speech bubble contains her testimonial. Below her name is a banner. At the bottom, there are logos for the App Store and Google Play, and the NHS App logo.

Contact your GP surgery

GPs provide a range of services online and outside of regular opening hours

Routine appointments are available on evenings, weekends and bank holidays

Many practices also offer online services 24-7. To book appointments, request sick notes and order repeat prescriptions, download the NHS App

You can also save time and consult with your GP practice online. Visit your practice's website

If your practice is closed and you think you need to go to ED, call 111 or click www.111.nhs.uk



"It has proven incredibly beneficial for me since becoming a Mum."

NHS



Chloe and Gemma



Download the HANDi app for free on Apple or Android

Treatment starts at home

Many common illnesses and injuries, such as aches, indigestion and small cuts, can be treated at home

Be prepared with a well-stocked medicine cabinet, including:

- Painkillers, such as paracetamol and ibuprofen
- Plasters, bandages, medical tape and antiseptic
- Antihistamines for allergies, bites and stings
- Indigestion and anti-diarrhoea treatments

If you're unsure about which conditions you can manage yourself or how to do so, see your local community pharmacist

For more advice on looking after yourself and pharmacy services, visit www.NHS.uk



Free online counselling and wellbeing support to everyone aged 18 and over in Devon



No GP referral required



You're **anonymous** to us



Free with no hidden costs



Moderated to keep you safe

Find support today at www.qwell.io



Save time when searching for the best **Health App**.

SEARCH:



DEVON ORCHA

A Health App portal developed by clinicians with independent reviews.



Help with mental health

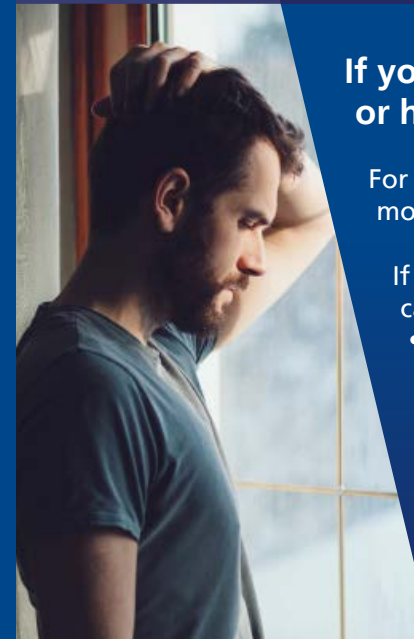
If you're worried about your thoughts or how you're feeling, help is available

For help or advice, contact your GP. They will refer you for more specialist care if you need it

If you're feeling low, anxious or struggling to cope, you can self-refer to TALKWORKS:

- 0300 555 3344
- www.Talkworks.dpt.nhs.uk

For urgent help 24-7, call the First Response Service on 0808 196 8708 or dial 111



Care and support at home

For help and advice on care and support at home and other services, contact your local council

Devon County Council

- General advice: 0345 155 1007
- Carer's advice: 03456 434 435
- www.devon.gov.uk/care-and-health

Torbay Council

- General advice: 01803 219 700
- Carer's advice: 01803 666 620
- www.TorbayAndSouthDevon.nhs.uk/Services/Adult-Social-Care



Feeling under the weather?
Don't wait for it to get worse.

Seek expert advice from
your local pharmacy team.

No appointment needed.

Your health matters
Help us help you



Getting you home for lunch



Our top priority is to help you get better and support you to leave hospital when the time is right.

We will always try to get you home or transferred to our discharge lounge before lunchtime.

Getting you home for lunch:

- improves your experience and means you feel more awake at the time of discharge
- reduces unnecessary delays
- is safer and more convenient
- improves your access to other services if required (e.g. pharmacies / shops)
- helps us accommodate new patients who need to be admitted

Boost your immunity

Boost your immunity with the flu and COVID-19 vaccines

Flu and COVID-19 can both be life-threatening and spread easily

Get vaccinated. Get boosted. Get protected

Visit www.nhs.uk/WinterVaccinations

To view your vaccination record and NHS COVID Pass, download the NHS App



Planned care advice

The NHS is working together to ensure people who need planned procedures can be treated as quickly and safely as possible

The people with the most urgent needs and those who have been waiting the longest are being prioritised

If you are due to have a routine procedure at your local hospital, you do not need to contact your GP or local hospital about your appointment

You have not been forgotten, and they will contact you once an appointment is available

For more information, advice and support, visit: www.myplannedcare.nhs.uk

We are recruiting

Do you want to make a difference to people's lives?

There are many rewarding jobs and career opportunities in care and health right now

You don't necessarily need qualifications or previous work experience

What's important are your core skills and values and your attitude towards working with people who need care

Visit: OneDevon.org.uk/careers

