

# Know where to go if you need medical advice, but it's not an emergency.

## Pharmacy

Your local pharmacy is a first port-of-call for minor health concerns. Pharmacists are experts in medicines and can help with lots of illnesses, from skin rashes to earaches and flu. Many pharmacies open late and offer private consultations, no appointment needed.

## Your GP

Call your GP practice or visit their website to make an appointment for an illness or injury that won't go away, or access your GP's out of hours service.

## NHS 111 (24/7)

Call NHS 111 FREE for urgent medical advice, or access the service online at [111.nhs.uk](https://111.nhs.uk). If NHS 111 advise that you attend the Emergency Department, ask them if they can book you an appointment.

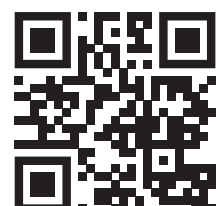
## GP hubs

(bookable appointments 8am-8pm, every day)

There are three 'GP Hubs' in Croydon which treat both minor injuries and minor illnesses requiring same day care – for both children and adults. They are located in Central Croydon, Purley and Parkway (New Addington).

To book an appointment, people should call NHS 111 first to discuss their symptoms. You will be offered a telephone consultation with a GP or practice nurse who can also book you to attend for a face to face appointment where appropriate.

[111.nhs.uk](https://111.nhs.uk)



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## Contact your current healthcare team

If you are already receiving care or treatment from a particular healthcare team, contact them first to see if they can help.

## Healthier Together children's health website

Created by experts, Healthier Together is a new website in south west London which provides pregnant people, parents and carers with trusted information on common childhood illnesses. Search 'South West London healthier together'.

## Mental health support (24/7)

If you live in Croydon and you need mental health support in a crisis you can call our 24/7 Mental Health Crisis Line on 0800 731 2864 (option 1).

The Mental Health Crisis Line offers emotional support and advice to people who are affected by urgent mental health issues, at any time of the day or night. It is open to children and adults of all ages, and to people who haven't previously accessed mental health services.

If you are in a mental health crisis or need urgent support you can also search 'Mind', 'Samaritans' or 'Good thinking urgent support'.

## Wellness space at the Whitgift Centre

The Croydon Health and Wellbeing space has been created to offer free mental health support and social care help for people living in Croydon.

Whether it's financial worries, loneliness, questions about housing or bills, or just a simple need to talk with someone – there is team there to help, including specialist mental health staff.

You can find the service on the 1st floor of the Whitgift Centre, next to Holland and Barrett. Simply walk in to make an appointment or book by calling 020 8680 3635.

## Simply Connect Croydon

If you need to access community support, visit [croydon.simplyconnect.uk](https://croydon.simplyconnect.uk)

You find local community services, activities and support including a map of warm spaces and community hubs close to home.

Simply Connect Croydon is dedicated to helping Croydon residents navigate local services, managed and delivered by Croydon Voluntary Action (CVA) and Volunteer Centre Croydon.