

What's the best choice for me?

Can I treat myself?

Minor

Treat yourself / NHS Direct – call 0845 46 47

Need more advice? Treatment for minor ailments?
Visit your local pharmacy

Need to see a doctor?
Visit your GP

When my GP is shut?
Out of hours service – see inside for details

Need urgent care without an appointment?
GP-led Health Centres, Walk-In Centres,
Urgent Care Centres and Minor Injuries Units

Life threatening or very serious illness?
Accident & Emergency (A&E) or call 999

Serious

You can find a full list of all your local pharmacies, GP practices, GP-led Health Centres, Walk-In Centres, Urgent Care Centres and Minor Injuries Units at www.nhs.uk or by calling NHS direct on 0845 46 47

Get the right treatment

A quick guide to
finding the right
medical help
in South
West London

South West London

NHS

Where should I go?

Find the best treatment for you in South West London

Before you get help, always stop to think if there is any treatment you can give yourself.

Treat yourself

For minor cuts and ailments, for example headaches, diarrhoea and vomiting, coughs and colds, it is often quickest and easiest to treat yourself at home. Keep a simple first aid box and some medicines like paracetamol and ibuprofen.

Pharmacy

Pharmacies can assess your needs, give advice and treat a variety of illnesses. There are 295 pharmacies in South West London, so there is bound to be one close by and **you don't need to book an appointment.**

- Diarrhoea and vomiting
- Coughs, colds and fevers
- Allergies such as hayfever
- Medicine checks
- Some emergency contraception
- Chlamydia screening
- Giving up smoking
- ✓ No appointment needed

GP Practice

Get medical advice and consultations.

- Health advice
- Diagnosis
- Prescriptions
- Ear infection
- Flu
- Sore stomach
- ✓ Appointments the same day or within 48 hours
- ✓ Early evening and some weekend appointments
- ✓ Telephone consultations

Out of Hours GP

When your GP is closed, if you have an urgent medical problem that cannot wait until your surgery is open, you can contact the GP out of hours service.

- Call your surgery phone number and you will either be automatically diverted to the service, or given a number to contact them on.
- ✓ Get expert medical advice
- ✓ Get advice on where you could be seen quickly
- ✓ Get a GP home visit when you need it

GP led Health Centres

If you need to see your local GP urgently and have trouble getting an appointment, GP led Health Centres are open during holidays and can:

- ✓ See patients without an appointment and offer pre-booked appointment
- ✓ See registered and non-registered patients

Walk-In Centres, Urgent Care Centres and Minor Injuries Units

If you need urgent treatment for an illness or injury that isn't life threatening, just walk in for convenient access to a range of treatments for:

- Infection and rashes
- Some emergency contraception and advice
- Stomach upsets
- Cuts and bruises
- Burns and strains
- ✓ No appointment needed
- ✓ Shorter waiting times
- ✓ Some X-ray facilities (call first to check)

Where to find them

GP led Health Centres

- Edridge Road Health Centre**
Edridge Rd, Croydon CR9 1PJ
020 3040 0800
Open 8am – 8pm, 365 days a year
- Gosbury Hill GP Clinic**
Orchard Gardens, Hook KT9 1AG
020 8974 1884
Open 8am – 8pm, 365 days a year
- The Junction Health Centre**
Clapham Junction SW11 2HE
0333 200 1718
Open 8am – 7.30 pm, 365 days a year
- The Wilson Health Centre**
Crammer Rd, Mitcham CR4 4TP
020 3458 5100
Open 8am – 8pm, 365 days a year

Walk-In Centres

- Edridge Road NHS Walk-In Centre**
(See GP led Health Centres above)
- Parsons Green NHS Walk-In Centre**
Parsons Green SW6 4UL
020 8846 6758
Open Mon – Fri, 8am – 8pm
Sat/Sun, 9am – 1pm

Teddington NHS Walk-In Centre

- Hampton Rd, Teddington TW11 0JL
020 8714 4004
Open Mon – Fri, 8am – 10pm
Sat/Sun/Bank Hols, 8am – 9pm
- Tooting NHS Walk-In Centre,**
St. Georges Hospital
Blackshaw Rd, Tooting SW17 0QT
020 8700 0505
Open 7am – 10pm, 365 days a year

Urgent Care Centre

- Purley Hospital Urgent Care Centre**
Brighton Rd, Croydon CR8 2YL
020 8401 3000
Open 8am – 7.30pm, 365 days a year

Minor Injuries Units

- Queen Mary's Hospital**
Roehampton, SW15 5PN
020 8487 6999
Open 8am – 7.30pm, 365 days a year
- Parkway Health Centre**
Parkway, Croydon CR0 0JA
020 8251 7225
Open Mon – Fri, 2pm – 10pm
Sat/Sun, midday – 10pm

Accident & Emergency (A&E) or call 999

If you are seriously ill and need emergency care fast, you should go to A&E or call an ambulance.

Calling 999 is free and available 24 hours a day. You should always call 999 for an ambulance in a life-threatening emergency – if someone is seriously ill or injured, and their life is at risk.

- Heavy bleeding
- Serious broken bones
- Choking
- Chest pain
- Difficulty breathing
- Blacking out
- Fitting or seizures