

Know where to get help...



From school holidays to bank holidays, middle of the night to at work, accidents and illness can happen at any time.

Your NHS is here to help!

A&E is only for emergencies

If there are quicker and better services for you, use them, so that A&E is there for people in emergencies

→ 24/7 online help

 **choices**
www.nhs.uk

→ Talk direct, if it's a non-emergency



→ Know your GP and pharmacy

[Click here](#) to find out when your GP and pharmacy are open (search for your town/area)

→ Drop in..

The Walk-in Centre on Kings Street in Wakefield is open 8 to 8 each day. [Click here](#) for more details

→ Special help for parents

If your child is ill there is a quick and helpful online guide. [Click here](#) for more details