

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.

There are also a number of 'GP Hubs' in Wandsworth and Merton offering appointments 8am-8pm. The hubs treat both minor injuries and minor illnesses requiring same day care – for children and adults. To book an appointment, people should contact their GP practice or call NHS 111 first to discuss their symptoms.

NHS 111 (24/7)

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

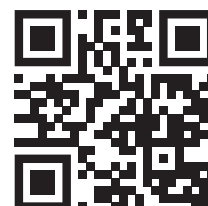
Urgent care at Queen Mary's Roehampton

(bookable appointments 8am-8pm, every day, you must book in advance)

There is an urgent care service at Queen Mary's Hospital Roehampton which offers appointments with GPs, and with nurses or paramedics for minor illnesses and injuries. They can help you with burns, cuts, grazes, wounds, earache, a broken arm, sprained ankle and more.

You must book in advance by calling 020 8725 0120.

111.nhs.uk



SCAN ME

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 Kingston, Merton, Richmond, Sutton and Wandsworth and you need mental health support in a crisis you can call our 24/7 Mental Health Crisis Line on 0800 028 8000.

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.

You can also search 'South West London crisis' for other mental health crisis support services, such as the locations of Recovery Cafes where you can walk-in.

Mental health and wellbeing hubs in Tooting

There are two health and wellbeing hubs in Tooting - at the New Testament Assembly church or Mushkil Aasaan Centre. Walk in at any time at either hub to talk about anything you might be struggling with.

You'll be greeted with a warm welcome, a cup of tea or coffee and the chance to talk about what's on your mind. You can find out about activities which might help, and get support from counsellors and other local services.

Community support services

If you need to access community support, search 'Merton community hub' or 'NHS Wandsworth wellbeing hub'. You can also call 020 8066 4086 (Merton) or 020 3880 0366 (Wandsworth).

You can find local community services, activities and support that can help you with whatever issue you're struggling with at the moment.

These hubs are dedicated to helping Wandsworth and Merton residents navigate local services, managed and delivered by local voluntary sector organisations.

Warm Spaces

Merton and Wandsworth councils have opened a network of warm spaces this winter, in partnership with the voluntary and community sector. There are warm spaces in libraries, community centres and other buildings – find your nearest ones in by searching 'warm space Merton' or 'warm space Wandsworth'.