

# 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.

## GP hubs

(Sutton GP hubs are bookable : 18:30 - 20.00 Monday to Friday and 8.00 – 20.00 Saturday and Sunday)

There are also a number of 'GP Hubs' in Sutton and Merton which treat both minor injuries and minor illnesses requiring same day care – for both children and adults.

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

## 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.



## 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.

Visit [www.swlondon-healthiertogether.nhs.uk](http://www.swlondon-healthiertogether.nhs.uk).

## 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.

If you are in a mental health crisis or need urgent support you can also go to:

- [www.mind.org.uk](http://www.mind.org.uk)
- [www.samaritans.org](http://www.samaritans.org)
- [www.good-thinking.uk/urgent-support](http://www.good-thinking.uk/urgent-support)

## Community support services

If you need to access community support, search 'Merton community hub' . You can also contact the Merton hub by telephone on 020 8066 4086. You can find local community services, activities and support that can help you with whatever issue you're struggling with at the moment.

In Sutton please search 'Sutton Information Hub' or call Together for Sutton on 020 8254 2616. For support around cost of living pressures search 'Cost of Living Sutton'.

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

## Warm Spaces

Merton and Sutton 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 by searching 'warm space Merton' or 'warm space Sutton'.