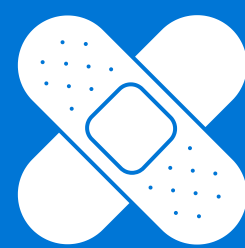


# Make the right choice



## Treat minor issues at home

Sore throat, minor cuts and grazes, hangovers, headaches



## Frimley Healthier Together app or website

Advice for unwell children:  
[frimley-healthiertogether.nhs.uk](https://frimley-healthiertogether.nhs.uk)



## GetUBetter website

For muscle or joint problems: visit your GP practice website or <https://getubetter.org/3j8yJ00>



## See a pharmacist

For medical advice or medicines for things like coughs, colds, tummy upset, rashes, aches and pains



## Speak to your GP Practice

For a wide range of health services from persistent symptoms and ongoing conditions and examinations. They can also refer you to other NHS services.



## Aldershot Urgent Care Centre

Open Monday to Saturday, from 8am – 8pm. NHS 111 or your GP practice may book you an appointment here. You may also be redirected to this service if you attend A&E.

A walk-in clinic for under-12s is available from 2-6pm.

Visit: <https://www.aldershoturgentcarecentre.co.uk/>

\*Booking is strongly recommended to avoid long waiting times and to ensure availability of appointment. Those with urgent clinical needs will be prioritised.



## NHS 111

Not sure where to go or what to do? Visit [111.nhs.uk](https://111.nhs.uk) or call 111



## Mental health services

for urgent help for your mental health visit [111.nhs.uk](https://111.nhs.uk) or call 111



### Download the NHS App to:

- order repeat prescriptions
- view your health record and NHS number
- get health advice
- view and manage vaccinations, book appointments



**A&E is for serious or life threatening emergencies only**