



Self Care

Headache
Cough or cold
Sore throat

Make sure your medicine cupboard is stocked up. To find the right treatment, use the free **Health Help Now App** or visit www.healthhelpnow.nhs.uk **Click before you go.**



Pharmacist

Hayfever
Diarrhoea
Minor illnesses

Croydon Pharmacists are highly trained healthcare professionals who can provide advice and treatment for common conditions and minor illnesses. Some pharmacies also provide other NHS services such as vaccinations and sexual health services.



Your GP

If you have any illness or injury that won't go away, make an appointment to speak to your GP. **Call NHS 111 for Out of Hours GP Services.**



Call 111

Unwell / unsure what service to use / Information about a health issue

When you need medical help fast but it's not a 999 emergency, **NHS 111** is able to assess your need and book an appointment with the right service for you. NHS 111 is free to call from any phone, including mobiles.



GP Hub

Minor injuries / Infections

If you can't get an appointment with your GP call **NHS 111** for an assessment or to book an appointment if necessary with a **GP hub 8am to 8pm every day, all year round.** Walk in appointments are available but you may need to wait longer. More information about what GP Hubs can treat is here: tiny.cc/croydongphubs



A&E or 999

Choking / Chest pain
Blackout / Blood loss
Broken bones

In serious or life-threatening situations, emergencies, and for broken bones, go to the **Urgent Care Centre, Accident & Emergency** or **dial 999**



JustBe Croydon offers advice and support to Croydon residents looking to make a change, from losing weight, getting more active and stopping smoking to drinking less, eating more healthily, feeling happier and being sexually safe.

Visit www.justbecroydon.org to make a positive change in your life today

HEALTH
help NOW.

Click before
you go



Phone before
you go

Download the free **Health Help Now app**
or visit **www.healthhelpnow.nhs.uk**

Phone NHS 111 before you go

Free to phone from landlines or mobiles

Get the right treatment

Croydon now has three new GP Hubs that provide a wide range of urgent care services for all ages including booked appointments with a GP available from 8am to 8pm, seven days a week. Walk in appointments are available at GP Hubs but you may need to wait longer.

The new services have been developed in response to local residents who called for longer opening hours and more GP appointments for urgent health needs.

Purley War Memorial Hospital

GP Hub

8am - 8pm

365 days

856 Brighton Road,
Purley,
CR8 2YL

Parkway Health Centre

GP Hub

8am - 8pm

365 days

Parkway,
New Addington,
CR0 0JA

Central Croydon GP Hub

GP Hub

8am - 8pm

365 days

2 Brickwood Rd,
Croydon,
CR0 6UL

Croydon University Hospital



Urgent Care Centre Emergency Department

24 hours | 365 days

530 London Road, Croydon, CR7 7YE

NHS

Croydon

Clinical Commissioning Group

March 2018