



Your guide to health services for the

# August bank holiday in mid and south Essex

Need help right  
now but unsure  
where to go?



If you need help right now, visit [111.nhs.uk](https://111.nhs.uk). You will be directed to the service to best meet your needs or call 111 available 24/7.

In a mental health  
crisis and need urgent  
support?



If you're aged 18 or over and experiencing a mental health crisis, dial 111 and select the option for mental health. Under 18s call 0800 995 1000.

For emergency mental or physical care dial 999.

Need to see a GP on a  
weekday evening or  
on a Saturday?



GP practices are closed on bank holidays, but you can see a GP on Saturdays and weekday evenings through the extended access offer. Call your regular GP practice during surgery hours. Outside of surgery hours, please call 111.

Need medical  
advice? Try your  
pharmacy.



Pharmacies offer advice on many common conditions like colds, coughs, aches and pains and can provide some prescription medicines for certain conditions. No appointment needed. Local opening times are detailed here: [nhs.uk/service-search/pharmacy/find-a-pharmacy](https://nhs.uk/service-search/pharmacy/find-a-pharmacy)

# Need help right now? Think NHS 111

For help right now, visit [111.nhs.uk](https://111.nhs.uk). You will be directed to the service to best meet your needs or call 111 **available 24/7**.

Depending on the situation you will:

- find out what **local service** can help you;
- **talk** to a nurse, dentist, pharmacist or GP;
- if you need one, arrange a **face-to-face appointment**;
- be told how to get any **medicine you need**;
- get **self-care** advice;
- arrange an **ambulance** if you need one;
- book and **A&E appointment**.



## Mental health support

If you, a family member or friend aged 18 or over are experiencing a mental health crisis, **dial 111** and select the option for mental health.

You will be connected to a contact centre where **trained staff** will provide timely and appropriate support and advice **24/7**.

**Under 18s** call 0800 995 1000.

Anyone in mental health crisis who requires **serious or life threatening emergency** mental or physical care should dial 999 immediately.



## Urgent dentist appointments

You can **call your regular dentist** for urgent dental treatment. If you cannot reach your dentist or you do not have one, **call 111**.

# + Pharmacy services

Your pharmacy can offer **medical advice** on a range of conditions, all **without the need** for an appointment.

Your local pharmacy can provide **some prescription medicines** for certain conditions, if needed, without a GP appointment. You can **get care directly from a pharmacist** for conditions including earache, impetigo, infected insect bites, shingles, sinusitis, sore throat and urinary tract infections (UTIs) for women aged 16-64.

## Order your medications as early as possible

Many GP practices and pharmacies will have **limited opening hours** over the bank holiday weekend, making it more challenging for patients to access medicines at short notice.

Please remember to **order any repeat prescription** medication that you need ahead of time. Try to order your prescription **seven days in advance** to make sure there's plenty of time to organise your medication.

If you are going away, please **don't forget to take your medications with you**.

## Opening times

Your regular pharmacy **may be shut or have different opening times** over the bank holiday weekend. For details of local pharmacies open near you, please visit: [nhs.uk/service-search/pharmacy/find-a-pharmacy](https://nhs.uk/service-search/pharmacy/find-a-pharmacy)

# Medication to keep at home

- **Pain relief** and fever reducers (paracetamol and ibuprofen)
- **Cold and flu treatments** (decongestants, cough syrup, lozenges, and vapour rub)
- **Digestive aids** (antacids, antidiarrhoeal medication, and oral rehydration salts)
- **First aid supplies** (plasters and bandages, antiseptic cream or spray and tweezers)
- **Miscellaneous items** (thermometers, hand sanitiser, nasal sprays, lip balm and moisturiser).