

# Urgent dental care

Urgent care, advice and appointments are available for all residents and visitors seven days a week. You can call the Dental Helpline on **0845 050 8345** or 023 8082 8151 which may be cheaper with some call providers and on your mobile, during the following times:

	<b>Monday to Friday 8.30am - 5.30pm</b>	<b>Monday to Friday 5.30pm - 9.30pm Weekends and Bank Holidays 8am - 9.30pm</b>
Have a regular dentist?	<b>Call your dental surgery as normal</b>	<b>Call the Dental Helpline</b>
Not receiving regular NHS dental care?	<b>Call the Dental Helpline</b>	<b>Call the Dental Helpline</b>

Urgent care appointments offer pain relief and NHS charges and exemptions will apply to your treatment – for children, there are no charges.

If you need further treatment the helpline will help you find a regular NHS dentist.

The Dental Helpline can also help you find a dentist for your regular NHS dental care. This service is available from 9am to 5pm, Monday to Friday or you can look for a dentist online.



You can contact the Helpline on **0845 050 8345** or visit **www.hampshiredentalhelpline.nhs.uk**

www.portsmouth.nhs.uk/choosewell  
NHS Portsmouth  
St James' Hospital  
Locksway Road  
Milton  
Portsmouth  
PO4 8LD

**NHS**  
**Direct**

► [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
► Digital TV  
► Telephone 0845 4647

Available 24 hours

For a translation of this document,  
an interpreter or a version in

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please contact  
Communications

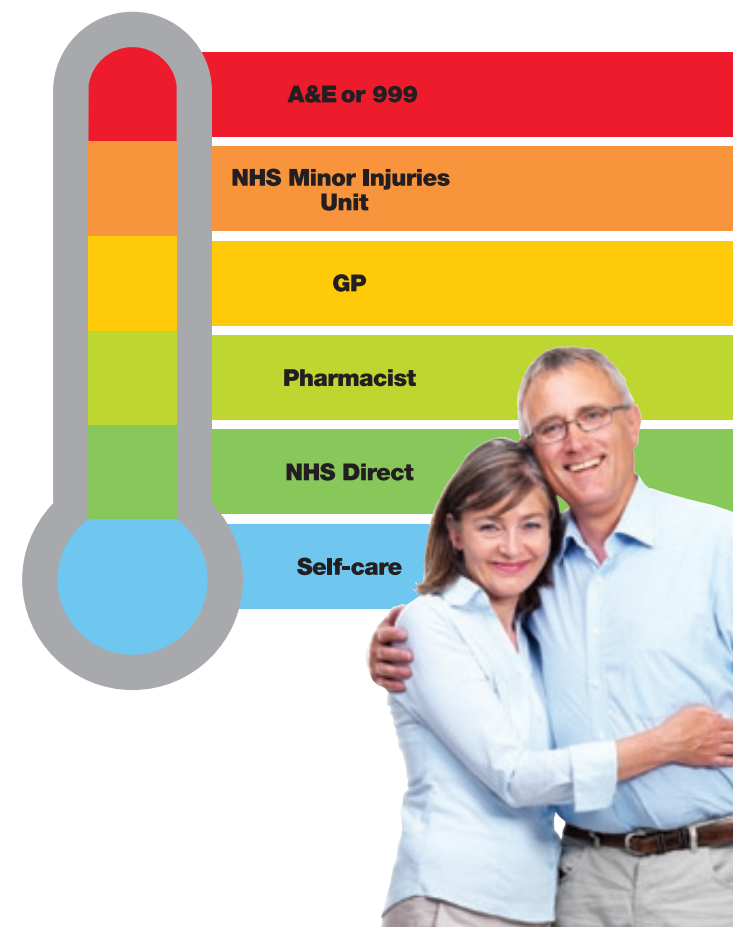
☎ 023 8062 3285

[www.portsmouth.nhs.uk/choosewell](http://www.portsmouth.nhs.uk/choosewell)

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# Your guide

to choosing the right NHS service  
if you become ill or are injured.



**Choose  
well.**  
[www.nhs.uk](http://www.nhs.uk)

**NHS**

**Emergency  
Department  
(A&E)**

**Choking.  
Chest pain.  
Blacking out.  
Blood loss.**

For symptoms or serious illness and major accidents, choose the Emergency Department or 999. Emergency services should only be used in very serious or life threatening situations.  
**Queen Alexandra Hospital**, Southwick Hill Road, Portsmouth PO6 3LY.  
Tel: 023 9228 6000.

**NHS Minor  
Injuries Unit**

**Cuts.  
Sprains.  
Itches.  
Bites.**

For minor injuries, choose the minor injuries unit or walk-in centre. You do not require an appointment.  
**St Mary's NHS Treatment Centre**, Milton Road, Portsmouth PO3 6DW.  
Tel: 0845 076 5551. Open 8am to 9.15pm, everyday.  
**Minor Injuries Unit, Petersfield Hospital**, Swan Street, Petersfield GU32 3LB.  
Tel: 01730 263221 ext.125. Open 8am to 6pm, everyday.  
**Minor Injuries Unit, Gosport War Memorial Hospital**, Bury Road, Gosport PO12 3PW.  
Tel: 023 9279 4753. Open 8am to 9pm, everyday.

**GP Surgery**

**Vomiting.  
Ear pain.  
Sore belly.  
Back ache.**

Make an appointment with your doctor for medical advice, examinations and prescriptions.  
**Guildhall Walk Healthcare Centre**, 27 Guildhall Walk, Portsmouth PO1 2DD. Tel: 023 9275 1006.  
Open 8am to 8pm, everyday. You don't need an appointment or to be registered with the centre.  
**For urgent medical problems when your GP surgery is closed:**  
● patients in Alton, Petersfield and Bordon should call 020 8390 9991.  
● patients in Portsmouth, Horndean, Clanfield, Rowlands, Emsworth, Gosport, Fareham and Havant should call 0300 300 2012.

**Pharmacy**

**Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.**

Your local pharmacist can give advice on common illnesses and the medicine you need to treat them.  
**For more information about pharmacies in your area, please contact NHS Direct.**

**NHS Direct**

**Unwell?  
Unsure?  
Confused?  
Need help?**

Contact NHS Direct if you are ill and have any questions about your health. NHS Direct can also help you find health services in your local area.  
**0845 4647**  
**[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**  
**Freeview 108**  
**Sky Digital (press the interactive button on your remote)**

**Self-care**

**Hangover.  
Grazed knee.  
Sore throat.  
Cough.**

A lot of illnesses can be treated in your home by using medicine and getting plenty of rest. Don't forget to keep a well stocked first-aid kit in your home – ask your pharmacist for advice.

