

## Still unsure?

**Call 111 or visit [111.nhs.uk](https://111.nhs.uk)**

Available 24/7 you'll receive advice about which service or treatment can help you best.

## Mental health

If you have an urgent mental need visit: [www.sheffieldmentalhealth.co.uk/urgent-help/](https://www.sheffieldmentalhealth.co.uk/urgent-help/) for advice on the right service.

## PEARS (Primary Eyecare Acute Referral Service)

Run by optometrists PEARS provides urgent eye care in the community.

Conditions commonly seen under the PEARS scheme include:

- Dry eye
- Suspect foreign body in eye
- Flashes and floaters
- Eye infections such as conjunctivitis

Patients (4 years +) with a Sheffield GP can access PEARS by calling their chosen PEARS practice. Visit [sloc.org.uk](https://sloc.org.uk) to find your local practice.

## Emergency dentistry

If you have an emergency dentistry need and your usual dentist is open, contact them in the first instance. If your dentist is closed, or you aren't registered with a dentist, call NHS 111 who will set up an emergency appointment for you.

## Do I need an appointment?

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Self-care | <input checked="" type="checkbox"/> GP Hub         |
| <input checked="" type="checkbox"/> Pharmacy  | <input checked="" type="checkbox"/> Walk-in centre |
| <input checked="" type="checkbox"/> GP        | <input checked="" type="checkbox"/> Minor injuries |

## Contact

**Walk-in Centre:** Broad Lane, S1 3PB

**Minor Injuries Unit:** B Floor, Royal Hallamshire Hospital, S10 2JF

**GP & GP Hubs:** Ring your GP's normal number or call 111 out of hours

## When there is no other option...

### A+E (16+)

Northern General Hospital,  
Herries Rd,  
S5 7AU

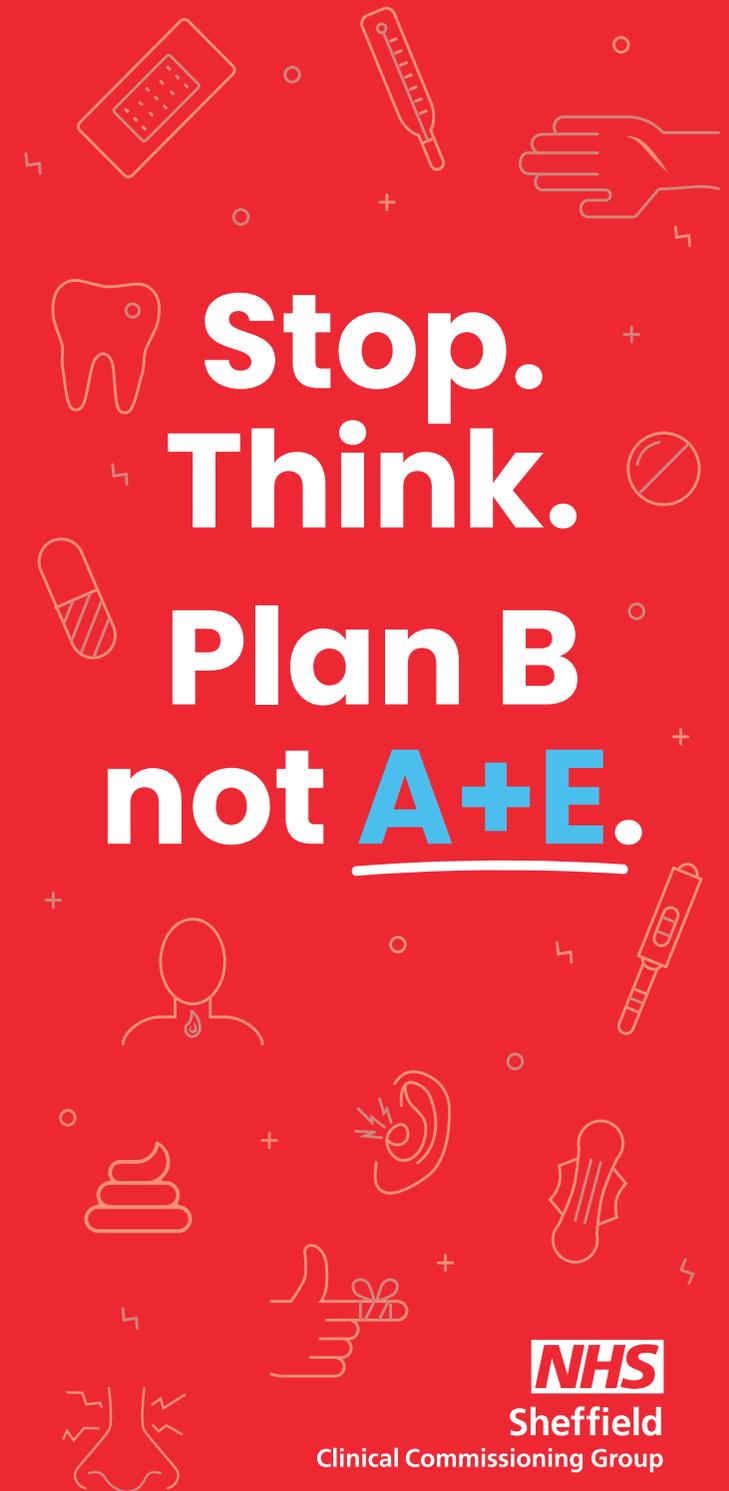
### A+E for children

Sheffield Children's Hospital, Western Bank, S10 2TH

## Need this information in another language?

Contact [sheccg.comms@nhs.net](mailto:sheccg.comms@nhs.net)

**Remember to wear a face covering and adhere to social distancing rules when attending appointments or visiting the pharmacy.**



## Self-care

A lot of illnesses or symptoms can be treated at home with rest and a well-stocked medicine cabinet including:

- Coughs & colds
- Sore throats
- Upset stomachs
- Aches & pains.



**Open:** Always

## GP

Before you make an appointment with your GP consider other services that might be able to help.

A GP can help if you have an illness or injury that won't go away, such as:

- Vomiting
- Ear pain
- Backache.



**Open:** Visit our website for local GP hours

**Please note** to reduce the spread of covid-19 you may be offered a telephone or video appointment if you need to see a GP or nurse.

## Walk-in centre

Just walk in and wait, you don't need to be registered and you can see a nurse practitioner for a range of minor illnesses:

- Severe sore throats
- Rashes
- Infections
- Sudden worsening of long term conditions.



**Open:** 8am-10pm 365 days a year

## Pharmacy

Pharmacists are trained medical professionals qualified to offer advice on a range of common illnesses and minor ailments such as:

- Cold & flu
- Chicken pox
- Upset stomachs
- Insect bites & stings.



**Open:** Visit our website for opening times

## GP Hub

Open outside of your usual GP surgery hours, Hub appointments are available for routine or urgent care.

You can book appointments for these services through your usual GP practice or by contacting 111 when your GP practice is closed.

**Open:** Evenings and weekends 365 days a year



## Minor Injuries Unit

Provides treatment for adults (over 16) for non-life threatening injuries or illnesses, such as:

- Sprains and strains
- Wound infections
- Minor burns and scalds
- Insect and animal bites
- Rib injuries.



**Open:** 8am-8pm 365 days a year

For more information visit:  
[sheffieldurgentcare.co.uk](http://sheffieldurgentcare.co.uk)