

Wali ma hubtid miyaa?

Wac 111 ama booqo 111.nhs.uk

Waxaa la heli karaa 24/7 waxaad heli doontaa talo ku saabsan adeegga ama daawaynta ku caawin karta sida ugu fiican.

Caafimaadka dhimirka

Haddii aad qabto baahi dhimirka oo degdeg ah booqo: www.sheffieldmentalhealth.co.uk/urgent-help/ wixii talo ee ku saabsan adeegga saxda ah.

PEARS (Adeegga Gudbinta Xanuun Ba'an ee Indhaha aasaasiga ah)

Waxaa maamula dhakhaatiirta indhaha ee PEARS waxay bulshada ka siisaa daryeel indho degdeg ah.

Xaaladaha sida caadiga ah lagu arko nidaamka PEARS waxaa ka mid ah:

- Isha oo qalasha
- Shay isha gala
- Biriishyo iyo sabayn
- Caabuqyada indhaha sida bararka isha

Bukaanka (4 sano +) oo leh dhakhtarka Sheffield wuxuu heli karaa PEARS isagoo wacaya xirfada ay doorteen ee PEARS. Booqo sloc.org.uk si aad u hesho shaqada deegaankaaga.

Dhakhtarka ilkaha ee degdega ah

Haddii aad qabto baahi degdeg ah oo dhakhtarka ilkuhu uu furan yahay, la xidhiidh marka hore. Haddii dhakhtarkaaga ilkuhu xidhan yahay, ama aanad ka diiwaan gashanayn dhakhtarka ilkaha, wac NHS 111 kaas oo kuu samayn doona ballan degdeg ah.

Miyaan u baahanahay ballan?

- | | |
|---|--|
| <input checked="" type="checkbox"/> Daryeelka shakhsi ahaaned | <input checked="" type="checkbox"/> Xarunta dhakhtarka |
| <input checked="" type="checkbox"/> Farmasiga | <input checked="" type="checkbox"/> Xarunta iska imaashaha |
| <input checked="" type="checkbox"/> Dhakhtarka guud | <input checked="" type="checkbox"/> Dhaawacyada fudud |

Xiriirla

Xarunta iska imaanshah:

Broad Lane, S1 3PB

Qeybta dhaawacyada fudud: B Floor, Royal Hallamshire Hospital, S10 2JF

Dhakhtarka & xarumaha dhakhtarka guud: Wac lambarka caadiga ah ee dhakhtarkaaga nama wac 111 osacadaha shaqada ka baxsan

Marka aysan jirin xulasha kale...

A+E (16+)

Northern General Hospital, Herries Rd, S5 7AU

A+E ee caruurta

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

Ma ugu baahantahay macluumaad luuqad kale?

La xiriir sheccg.comms@nhs.net

Haddii dhakhtarkaaga ilkuhu xidhan yahay, ama aanad ka diiwaan gashanayn dhakhtarka ilkaha, kaas oo kuu samayn doona ballan degdeg ah.

Jooji oo KA Fikir Qorshe labaadoon ahayn

A+E.

NHS
Sheffield
Clinical Commissioning Group

Daryeelka shakhsi ahaaned

Cuduro ama calaamado badan ayaa lagu daweyn karaa guriga iyadoo la nasinayo iyo armaajo dawo oo si fiican loo kaydiyay oo ay ku jiraan:

- Qufac & qabaw
- Dhuun xanuun
- Calool xanuun
- xanuun iyo jir xanuun



Fur Mar walba

Dhakhtarka guud

Kahor intaadan ballan la samayn dhakhtarkaaga ka fiirso adeegyada kale ee laga yaabo inay ku caawiyaan.

Dhakhtar guud ayaa ku caawin kara haddii aad qabto jirro ama dhaawac aan bixi doonin, sida:

- Mataq
- Dhag xanuun
- Dhabar xanuun.



Fur Booqo shabakadayada saacadaha dhakharka guud ee deegaanka

Fadlan ogow si loo yareeyo fiditaanka Covid-19 waxaa laga yaabaa in lagu siiyo ballan telefoon ama muuqaal ah haddii aad u baahan tahay inaad aragto dhakhtarka guud ama kalkaaliye.

Xarunta iska imaashaha

Kaliya soo gal oo sug, uma baahnid in lagu diwaan galiyo waxaadna arki kartaa kalkaaliye caafimaad oo leh cuduro kala duwan oo fudud:

- Dhuun xanuun daran
- Finan
- Caabuuq
- Si lama filaan ah uga sii dartay xaaladaha muddada dheer.



Fur 8am-10pm 365 maalmood sanadkii

Farmasiga

Farmashiyayaashu waa xirfadlayaal caafimaad oo tababaran oo u qalma inay bixiyaan talo ku saabsan cudurro badan oo caan ah iyo xanuunno fudud sida:

- Qandho & hargab
- Busbus
- Calool xanuun
- Qaniinyooyinka cayayaan & qaniinyo.



Fur Booqo shabakadayada wakhtiyada furitaanka

Xarunta dhakhtarka

Furan meel ka baxsan saacadaha dhakhtarkaaga caadiga ah, ballamaha Hub ayaa diyaar u ah daryeelka caadiga ah ama degdegga ah

Waxaad ballan ka qabsan kartaa adeegyadan adigoo u maraya rugtaada dhakhtarkaaga caadiga ah ama adigoo la xiriiraya 111 marka rugtaada dhakhtarka la xiro.

Fur Fiidkii iyo maalmaha fasaxa 365 maalmood sanadkii



Qeybta dhaawacyada Fudud

Waxay siisaa daawaynta dadka waaweyn (ka weyn 16) dhaawacyada ama jirrooyinka aan nafta halis gelinayn, sida:

- Murkacasho iyo muruq go'
- Caabuuqa boog
- Gubasho yaryar iyo gubasho
- Qaniinyo iyo qaniinyada xayawaan
- Dhaawacyada feerta.



Fur 8am-8pm 365 maalmood sanadkii

wixii macluumaad dheeraad ah booqo:
sheffieldurgentcare.co.uk