



**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](http://www.healthhelpnow.nhs.uk) **Click before you go.**



**Pharmacist**

Hayfever  
Diarrhoea  
Minor injuries

**Croydon Pharmacies** can give you advice on common illnesses and medicines to treat them.



**Your GP**

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



**Call 111**

Unsure / Unwell  
Confused / Need to know

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.



**GP Hub**

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.**



**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**

**From 1 April 2017**, people who live and work in Croydon will have access to a wide range of urgent care services including booked appointments with a GP available from 8am to 8pm, seven days a week across three new GP Hubs.

To find the best care for you:

HEALTH  
help NOW.

Click **before**  
you go

Download the free **Health Help Now app** or visit [www.healthhelpnow.nhs.uk](http://www.healthhelpnow.nhs.uk)



Phone **before**  
you go

**Phone NHS 111 before you go**  
Free to phone from landlines or mobiles

The new services have been developed in response to local residents who called for extended opening hours and improved urgent care access to GPs.

**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

**East Croydon  
Medical Centre**

**GP Hub**

8am - 8pm | 365 days

59 Addiscombe Road,  
Croydon, CR0 6SD

**Croydon University Hospital**

**Urgent Care Centre  
Emergency Department**

24 hours | 365 days

530 London Road,  
Croydon, CR7 7YE

