



What to do when you're ill or hurt and need help fast, but it's not a 999 emergency



Call 111

Call 111 the number for when it's not an emergency.



What is 111 and how does it work?



If it's an emergency and you need an ambulance quickly call 999.



For all those other times when you need help and advice from someone you can trust call 111.



111 is fast, easy and free.



You can speak to someone who is trained to help.



They will ask you some questions about what is wrong and tell you what to do for the best.

How it works



Call 111.



Answer questions about what is wrong.



If you need an ambulance they will send one.



If you need expert help, for example from someone who knows more about what is wrong, they will get it.



Or they could send you to one of these services:

- health information, for more information about your problem



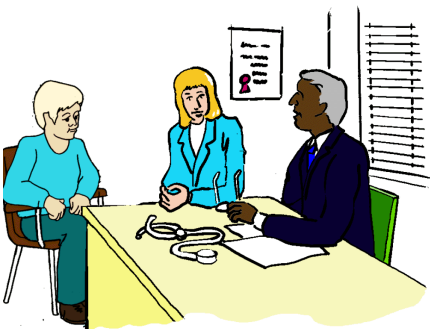
- how to look after yourself, so you can do what is needed yourself



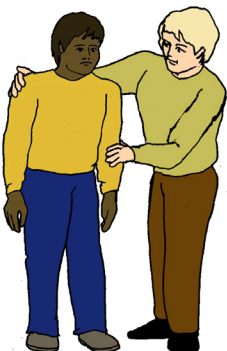
- what to ask for at a Chemist



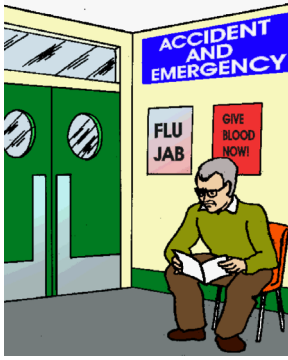
- dentist



- your GP



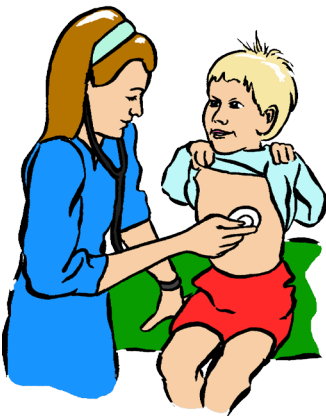
- mental health support



- A&E the emergency department at your local hospital



- a walk in centre

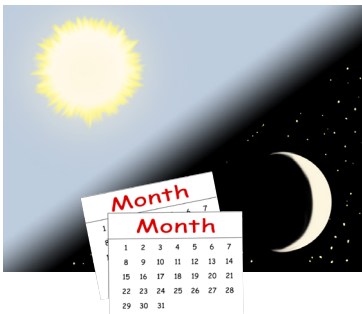


- a unit for small injuries.

More information



- calls to 111 are free from mobiles and landlines



- 111 is open all day and night, every day of the year



- the 111 textphone number for people who are deaf is 18001 111



- tell us if you need to speak to someone in another language



- you can find out more on our web pages www.nhs.uk/111.

Credits



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