



Fill in your NHS and local numbers. Put this up in case you need any medical help or advice.

My Local Health Signpost

Who to speak to and where to go...

Online
WWW.NHS.CO.UK

NHS Helpline
CALL 111

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

My Local Pharmacy

My Community Nurse

My School Nurse

Gp/ Family Doctor/ Practice Nurse

Urgent Treatment Centre (Walk in Centre/Minor Injury Unit)

Accident and Emergency / Emergency Department (ED)

Call 999

My name

My telephone number

My address and postcode

Monkey, walking hand in hand with you and your child through life's first experiences.
www.monkeywellbeing.com