



WHERE ELSE YOU OR YOUR LOVED ONE CAN GET HELP

- ☐ If you have mild symptoms of a cough/cold or a urinary tract infection, or if you have sustained an injury such as a head injury, strains & sprains or wounds, as well as contacting the GP you can get help from these walk-in services:

Urgent treatment centres (UTCs):

- ☐ Gravesham UTC
Bath Street
Gravesend DA11 0DG
0800-2000
- ☐ Sevenoaks UTC
Hospital Road
Sevenoaks TN13 3PG
0800-2000

Minor injuries units (MIUs):

- ☐ Sheppey MIU
Plover Road
Minster
Sheppey ME12 3LT
0900-2100 (closed Christmas Day)
- ☐ Sittingbourne MIU
Bell Road
Sittingbourne ME10 4DT
0900-2100



- ☐ You may also get help from community pharmacies which offer a range of services including treatments for minor illnesses, emergency contraception, smoking cessation education, medication reviews and much more!

- ☐ If you become unwell out-of-hours or you are unable to seek help from your GP or the above, **call NHS 111**

- ☐ In an emergency, **call 999**

