

Guide to help us help you in Cheshire **NHS**

Due to COVID-19 (coronavirus) getting help and advice has changed.
If you need help or advice, your NHS is open and here for you.

www.gov.uk/coronavirus



- Full guidance on coronavirus testing and eligibility
- Apply for a coronavirus test if you're eligible
- Book a coronavirus test if you have a verification code

www.111.nhs.uk



- Advice about coronavirus
- Advice about illnesses and conditions
- When GP or Pharmacy are closed, open for advice

Pharmacy

With social distancing measures in place:



- Provide repeat prescription requests or collection services
- Dispense your prescription
- Help if you run out of your medication
- Give advice about medicines and treating minor ailments

Mental health



- Crisis Line (all age): **0300 303 3972** for urgent mental health help in Cheshire and Wirral.
- For non-urgent help and **general wellbeing advice** www.cwp.nhs.uk
- For **children and young people** MyMind.org.uk
- Central Cheshire Wellbeing Hub **0300 303 0369**

GP Practice



- A range of doctors, nurses and other staff to help with your health issues
- Practices are offering telephone consultations

A&E or 999



- Stroke
- Severe injury
- Suspected heart attack
- Severe bleeding
- Breathing difficulties