Your guide to health services in Lincolnshire

NHS

Self Care
Treat aches, pains, coughs, and colds at home. Stock up your medicine cabinet with over the counter remedies.

Pharmacy
Visit your local pharmacy for advice on minor injuries, allergies, constipation, headaches, cold and flu symptoms, and earache.

Your GP Practice
Contact your GP practice about symptoms that aren't going away. They can offer you an appointment or signpost you to other services.

NHS 111
If you have an urgent health need but are not sure what to do, call 111 or visit 111.nhs.uk. Available 24/7.

WaitLess
Download the WaitLess app to view live waiting times, queue numbers and travel-time information for our urgent care facilities.

Urgent Treatment Centre
Seek help for sprains, fractures, minor burns, and skin infections. Walk in or book an appointment via NHS 111.

Dental Treatment
For urgent dental care please contact your normal dental practice, or for advice out of hours call NHS 111.

Mental Health Crisis
If you are worried about your mental health, call 0800 001 4331 (adults) or 0800 234 6342 (children and young people). Available 24/7.

In a medical emergency call 999.
This is when someone is seriously ill or injured and their life is at risk.
For more information visit www.nhs.uk.