

# Find the best service for your illness or injury

## Self care

Treat minor ailments such as diarrhoea and vomiting at home:  
**Keep stocked up: be prepared with essential medicines and supplies.**

**Useful items:**  
Aspirin; Paracetamol; Antidiarrheal medicine; Cough medicine; Plasters; Thermometer; Antiseptic cream

## Pharmacy

**Your local pharmacy can help treat minor ailments including:**

Acute ear infection; Impetigo; Infected insect bite; Shingles; Sinusitis; Sore throat; and Uncomplicated Urinary Tract Infections (UTIs)



## NHS 111

**Non-emergency help:**

- Feeling unwell?
- Unsure?
- Anxious?
- Need help?

Use 111 if you're unsure which service you need or require advice and guidance

Call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)

## GP advice

**Skilled team of medical professionals**

- Lasting symptoms
- Chronic pain
- Long-term conditions
- Prescriptions



**Doncaster Same Day Health Centre:**

If you are unable to get an urgent appointment with your practice.



Call 0300 123 3103

Evening and weekend appointments available

## Urgent care

**Urgent treatment**

- Simple fractures
- Sprains and breaks
- Cuts and burns

**Mexborough Minor Injuries Unit:**



Montagu Hospital,  
Adwick Road,  
Mexborough,  
S64 0AZ

## Mental health

**Donny Dot:**  
Connecting people of Doncaster to mental health and wellbeing information, advice, and support



In a mental health crisis, please phone the local service on **0800 804 8999** or call 111

## Eye Health

**Minor Eye Conditions Service can help with:**

- Red eye or eyelids
- Dry, gritty or uncomfortable eyes
- Eye irritation and inflammation
- A lot of recent discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Painful eye
- Ingrowing lashes
- Recent and sudden loss of vision
- Foreign body in the eye

**Self-referral:**  
**0800 112 0070**  
or call 111

## Emergency

**Emergency Department or 999 for emergencies only:**

Choking, Chest pain, Blacking out, Serious blood loss, Significant injury or trauma