 Feeling unwell?

Visit your Pharmacy

- Help with medicines
- Coughs and colds
- Aches and pains
- Vomiting or diarrhoea
- Allergies
- Minor illnesses

Call your NHS Wellbeing Team on 0300 777 0707

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- Stressed
- Depressed
- Worried
- Suffering from phobias

Symptoms that won’t go away or get worse

Contact your GP or practice nurse

Need urgent health advice and don’t know where to go? Open 24/7 and all calls are free. Find advice online at: www.nhs.uk

Call NHS 111

Minor Injuries Units
- No appointment needed
- Cuts, bumps, bruises and sprains
- Broken bones
- Scalds or burns
Located in Bishop's Stortford, Cheshunt and St Albans

Urgent Care Centres
At Hemel Hempstead Hospital and the New QEII Hospital, Welwyn Garden City. No appointment needed. Treats minor injuries and illnesses.

Call 999

- Choking
- Chest pain/heart attack
- Blacking out
- Bleeding heavily
- Stroke

www.enhertscrg.nhs.uk and www.hertvalleysccg.nhs.uk

Published December 2016
Find your local NHS service

Hemel Hempstead
- **Urgent Care Centre**
  - Hemel Hempstead Hospital
  - Hillfield Road
  - Hemel Hempstead HP2 4AD
  - Open 8am-10pm everyday
  - X-rays 9am-10pm

St Albans
- **Minor Injuries Unit**
  - St Albans City Hospital
  - Waverley Road
  - St Albans AL3 5PN
  - Open 9am-8pm every day except Christmas Day
  - X-rays 9am-5pm, Monday to Friday
  - Can only treat children aged over 2 years

Welwyn Garden City
- **Urgent Care Centre**
  - New QEII Hospital
  - Howlands
  - Welwyn Garden City AL7 4HQ
  - Open 24 hours every day
  - X-rays 8am-11pm

Watford
- **A&E/emergency department**
  - Watford General Hospital
  - Vicarage Road
  - Watford WD18 0HB
  - Open 24 hours every day

Stevenage
- **A&E/emergency department**
  - Lister Hospital
  - Coreys Mill Lane
  - Stevenage SG1 4AB
  - Open 24 hours every day

Cheshunt
- **Minor Injuries Unit**
  - Cheshunt Community Hospital
  - King Arthur Court
  - Cheshunt EN8 8XN
  - Open 8am-8pm every day
  - X-rays 9am-6pm, Monday to Friday
  - 11am to 2pm on weekends and bank holidays
  - Can only treat children aged over 1 year

Bishop’s Stortford
- **Minor Injuries Unit**
  - Herts and Essex Community Hospital
  - Haymeads Lane
  - Bishop’s Stortford CM23 5JH
  - Open 9am-4:30pm Monday to Friday
  - Closed on bank holidays
  - Can only treat children aged over 2 years

Unsure which urgent NHS service is right for you?
Call NHS 111, free.
For other NHS services near you, go to www.nhs.uk