

Get the Right Care, Right Time, Right Place

Information for patients



Easy Read

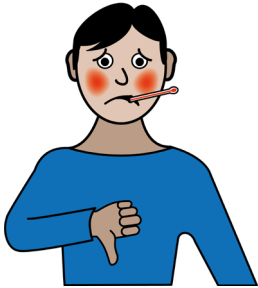
easy read



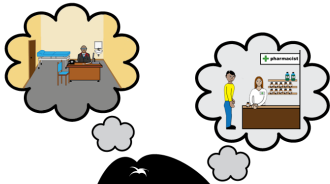
This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

feel ill again



When you are unwell you might need some help.



Please think about where to get that help from.

website



The NHS website has lots of information about common illnesses and how you can help yourself.



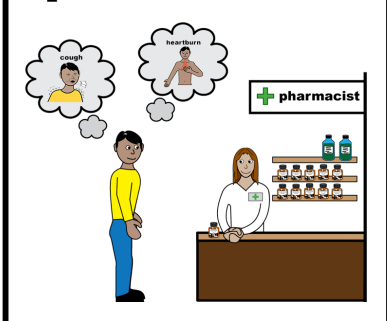
website



Get Checked Out Website is Leeds Local website that could help.



pharmacist



Your local chemist or pharmacy can give you advice on common illness or minor injuries like:

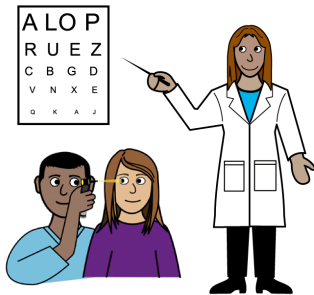
Coughs, colds, heartburn and sore throats.

dentist



Your dentist can help with toothache, mouth pain or bleeding gums.

optician



Your optician can help with changes to your eyesight like burred vision.

GP practice



Your GP can help if you feel unwell and you are not sure why or you are struggling with your mental health.

Minor Injury Unit



For cuts, small burns or a sprained wrist or ankle a minor injury unit could help.

accident and emergency



Only go to Accident and Emergency if you feel your condition is life threatening - like a heart attack or stroke.

Or if a health professional has told you to go there.

phone 111



when it's less urgent than 999

If you need any advice at anytime please call NHS 111.



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on: leedsth-tr.lautism@nhs.net



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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