

Getting the healthcare you need this winter

As winter continues, it is important that you ask for help when it comes to the health of yourself and your loved ones.

- **Contact your GP** - If your GP practice is closed and you cannot wait until they re-open, please use NHS 111.
- **Pharmacies** can offer treatment and advice for minor illnesses, and often offer walk in flu vaccinations, which are free to carers receiving a Carer's Allowance, or are the main carer for an older or disabled person who may be at risk if the carer gets sick.
- **Call 111** free of charge when you can't wait to see your doctor, or if you need help but don't know where to go.
- **Walk in centres, Minor Injury Units and Urgent Treatment Centres** - If you need urgent care but it's not an emergency, you can [find an urgent treatment centre \(UTC\), walk in centre or minor injuries unit \(MIU\)](#) for things like sprains, burns and suspected minor fractures. It is best to try NHS 111 first to book an appointment at the nearest service to you.
- **Mental health crisis support** – If you or someone you know needs help for mental health support and is in crisis, call the Sussex Mental Healthline on 0800 0309 500, or call NHS 111 and select option 2. The service is free and available 24 hours, 7 days a week. [Find out about other ways to get help with your mental health.](#)
- **Dialing 999** - Only dial 999 or visit A&E if it is a serious or life-threatening emergency such as chest pain, severe bleeding or breathing difficulties.

Remember to look after yourself as best you can. We've got lots of [advice about staying Warm and Well on our website](#). This includes tips to help you stay warm, and information about boosting your immunity with seasonal vaccinations.

Please do get in touch if you need any support in your caring role. Call us on 01323 738390 or email us at info@cftc.org.uk