



If you are ill or hurt and need help fast, but it is not a 999 emergency, use NHS 111

Go to [111.nhs.uk](https://111.nhs.uk)  
or call 111



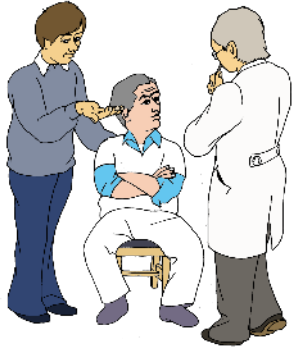
[111.nhs.uk](https://111.nhs.uk)



EasyRead version



# What is 111 and how does it work?



For times when you need medical help and advice from someone you can trust



- go online to **111.nhs.uk**

or



- phone **111**.



NHS 111 is fast, easy and free.



The people at NHS 111 are trained to help you, like a nurse, doctor or even a dentist.



They will ask you some questions about what is wrong and tell you what to do next.

# How it works



You can go to the **111.nhs.uk** website for help.



Or you can phone **111**.



You will be asked questions about what is wrong.



They will then tell you what you need to do.



If you need expert help, for example from someone who knows more about what is wrong, they will see you get it.

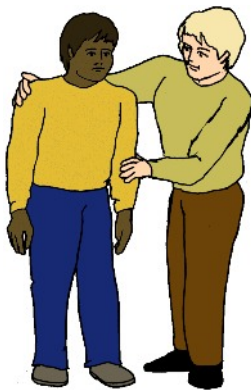
NHS 111 can also:



- book an appointment for you to see your GP



- book an appointment for you to see an emergency dentist



- help you speak to someone who can provide mental health support



- book you into another NHS service



- arrange for you to pick up medicine at a pharmacy near to you



- give you advice how to look after yourself, so you can do what is needed yourself



- send an ambulance if you need one



- tell you if you need to go to A&E or an emergency department.

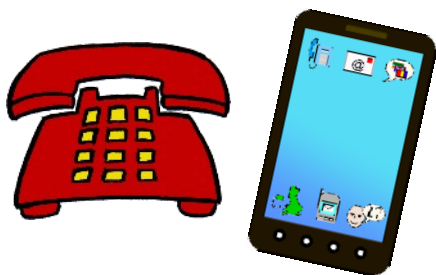
# A reminder of how to contact NHS 111



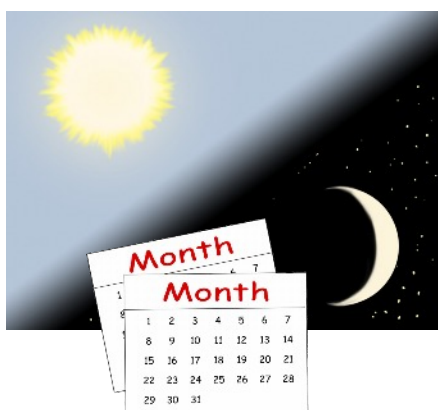
You can use the NHS 111 service online at **111.nhs.uk**



Or speak to someone at NHS 111 by phoning **111**.



Calls to 111 are free from mobiles and landlines.



NHS 111 is open all day and night, every day of the year.





Tell us if you need to speak to someone in another language.



You can find out more about NHS 111, including services for people who are deaf at [www.nhs.uk/111](http://www.nhs.uk/111)

## Credits



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[www.inspiredservices.org.uk](http://www.inspiredservices.org.uk)

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