

# Urgent help when you need it

## Need advice, to check symptoms or find an NHS service?

NHS Direct at [www.nhs.uk/nhsdirect](http://www.nhs.uk/nhsdirect)

0845 46 47

## Need a pharmacy open late Monday - Saturday?

Thanet pharmacies open until at least 9pm (Mon-Sat) and on Sundays include:

Pierremont Pharmacy, 73-75 High Street, Broadstairs CT10 1NQ

01843 600309

Sainsbury's Pharmacy, 426 Margate Road, Broadstairs CT10 2QZ

01843 592286

Tesco Pharmacy, 475 Margate Road, Broadstairs CT10 2QJ

0845 6779112

Asda Pharmacy, Westwood Road, Broadstairs CT10 2NR

01843 608010

Central Pharmacy, 142 Northdown Road, Cliftonville, CT9 2QN

01843 298440

Tesco, Manston Road, Ramsgate, CT12 6NT

01843 347447

## Dental emergency? In office hours, contact your own dentist or, if you do not

have a dentist, the [East Kent Dental Helpline](#):

0800 085 6606

In the evenings and at weekends, [call DentaLine](#)

01634 890300

## Feeling low?

Mental Health Matters helpline offers confidential emotional support and guidance,

[24 hours a day, 365 days a year](#)

0800 107 0160

## Need to see a doctor?

If you need to see a GP urgently, tell your practice and they will do their best to fit you in. If you're not registered with a practice, visit [www.nhs.uk](http://www.nhs.uk) or phone NHS Direct to find a practice near you where you can register.

## Need to see a doctor when your practice is closed?

[Phone the oncall doctor](#)

03000 24 24 24

6.30pm-8am Monday – Friday and 24 hours at weekends and bank holidays.

## Minor injury that may need cleaning, stitching or dressing?

Your GP practice may have a practice nurse who can clean and dress wounds.

## Serious or life threatening illness or injury?

[Phone 999 or go to the emergency department at Queen Elizabeth the Queen Mother Hospital CT9 4AN.](#)

If you're unsure then **'phone before you go'**.

Call NHS Direct on **0845 46 47** anytime for advice on which service to use.

[Please keep emergency services free for those who really need them.](#)