

Urgent and emergency contacts



- You can call **NHS 111** service if you need urgent medical advice or help. This service is available 24 hours a day, 365 days a year



- You can also call the **maternity triage/assessment unit** where you gave birth (up to 28 days after birth)



- Speak to your **GP**



- Attend your local **urgent care centre** or **accident & emergency department** (A&E)



For serious/life threatening concerns please call **999**