

# Where to go when you're not feeling well in Wakefield District

Health services map and guide



## About this guide

This guide will help you find the best local NHS service for your needs. Choosing the right service means you'll get the care you need as quickly as possible, whether it's an everyday concern, an ongoing health issue, or an emergency.

### Winter health tips



Keep warm by layering clothing and heating your home to at least 18 degrees.



Food is a vital source of energy and helps to keep your body warm so have plenty of hot food and drinks.



Don't let the cold catch you out, check the weather forecast and be ready for cold weather.



Wear shoes with a good grip to prevent slips and falls.



Check you have enough medication in case you are unable to go out and order repeat prescriptions in plenty of time.



Check in on elderly relatives or neighbours who may need extra support.



Find out more at [togetherwe-can.com](https://www.togetherwe-can.com)

## Self care



For small cuts, burns, fever, or colds, simple remedies can help you feel better. Rest, drink plenty of water, and use over-the-counter medicine when needed.

Use this shopping list to help you get everything you need. If you're unsure, a pharmacist can offer advice.

### Shopping list

- Hand sanitiser
- Thermometer
- Painkillers (including infant paracetamol for children)
- Cough medicine
- Throat lozenges
- Diarrhoea relief
- Antiseptic wipes or cream
- Allergy medicine (antihistamines)
- Plasters
- Tweezers and scissors
- Bandages
- Disposable gloves
- Alcohol-free cleansing wipes

# Mental health

## NHS 111

If you need urgent help for your mental health, call 111 and select the mental health option. 111 is not an emergency service. **If you are experiencing a mental health emergency, call 999.**

## Here For You

Helps people in mental health crisis to find support and help in a non-clinical setting, 6pm until midnight every night of the year. Based near the centre of Wakefield, call them on 07776962815.

## Turning Point Talking Therapies

If you are feeling down, worried, depressed, or anxious, Turning Point can help. Support is available face-to-face, over the phone, or online

No need to go through your GP, just call 01924 234 860 or visit [talking.turning-point.co.uk](http://talking.turning-point.co.uk)

# Children's mental health

## NightOWLS

NightOWLS is a confidential support line for children, young people, their parents and carers.

If a child is experiencing a mental health crisis at night, call 0800 148 8244 or visit [wynightowls.org.uk](http://wynightowls.org.uk). Open 8pm to 8am.

## Emotional health and wellbeing service

Emotional health and wellbeing support for children and young people in Wakefield District is available 24/7.

Compass offers a range of advice and education by text, online and face-to-face.

Staff can help children, young people and families with issues such as low mood, anxiety, managing emotions such as anger and being scared, bullying, friendship problems, loneliness and sadness.

You can get free and confidential support by texting BUZZ to 85258 or through the 'Wakey Wellness' app which can be downloaded from the App Store or Google Play.



## About us

Wakefield District Health and Care Partnership works to improve the health and wellbeing of local people, by reducing health inequalities, providing continuity of care and improving our services.

**Our aim is for the people of Wakefield district to live longer, healthier lives.**

## Stay in touch

[www.wakefielddistricthcp.co.uk](http://www.wakefielddistricthcp.co.uk)



Find out more about local health services by scanning the QR code below.

You can also search [bit.ly/WakefieldHealthServices](https://bit.ly/WakefieldHealthServices)



# Health services map



## Get help at home



Feeling under the weather? For illnesses like a cold or sore throat, try **self care at home**.



NHS 111 is here 24/7 for guidance. Visit [111.nhs.uk](https://111.nhs.uk) or call NHS 111 to find out which service is best for you.



Download the **NHS App** to book GP appointments, order repeat prescriptions, check your health record, and get health advice.



These aren't healthcare services but they do offer great support for your wellbeing!



**Welcome Spaces** are open to you as a free warm, safe place where you can enjoy a hot drink and friendly company.



**Family Hubs** are there for you to meet other local families, take part in activities, and join helpful groups.



**Your local pharmacist** can help with common illnesses, suggest over-the-counter medications, and provide seasonal health tips.



For non-urgent health concerns, **your GP** is the best place to start. They know your health history and can provide personalised care.



Feel unwell on evenings and weekends? Phone your GP practice number as usual and your call will be diverted to **GP Care Wakefield**.



Need care quickly but it's not an emergency? Visit the **King Street Walk-in Centre** for things like sprains, minor cuts, or infections.



**Pontefract Urgent Treatment Centre** provides treatment for minor injuries and illnesses that are urgent but not life or limb threatening.



For life-threatening emergencies such as chest pain, severe injuries, or difficulty breathing, **call 999 or go to A&E**.

