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**Themes:** Bereavement and Grief, Children's Health and Behaviour, Children's Mental Health, Children with Learning Disabilities, Children with Specific Health Conditions, Counselling, Deaf/Hearing Impaired, Learning Disabilities, Mental Health, Physical Disabilities, Public Sector Services, Sexual Health, Visual Impairment

**Aimed at:** All People  
Health A to Z

Your complete guide to conditions, symptoms and treatments, including what to do and when to get help.

Medicines A to Z

Find out how your medicine works, how and when to take it, possible side effects and answers to your common questions.

Coronavirus (COVID-19)

Get the latest advice about COVID-19, including information about symptoms, self-isolation and testing.

Help us help you get the treatment you need

Because of coronavirus (COVID-19), it can be hard to know what to do if you're unwell. It's important to get medical help if you think you need it.

For help from a GP – use your GP surgery's website, use an online service or app,

or call the surgery.

For urgent medical help – use the NHS 111 online service, or call 111 if you're unable to get help online.

For life-threatening emergencies – call 999 for an ambulance.

If you're advised to go to hospital, it's important to go.

### NHS App

The NHS App lets you book GP appointments, order repeat prescriptions and access a range of other healthcare services.

### Healthy living

Advice, tips and tools to help you make the best choices about your health and wellbeing.

### Lose weight

### Eat well

### Help with stress, anxiety and depression

### Exercise

**Area:** Bassetlaw, Bolsover

## Contact Details

111- out of hours

<https://www.nhs.uk/>

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