

We're here to help.



Self-care is recommended to treat conditions which doesn't normally need medical care (from a doctor or nurse) or any prescribed treatment in order to get better. It is about keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help, and when to get advice from your GP practice or another health professional.

People in Norfolk and Waveney are encouraged to manage their symptoms at home, reducing the number of unnecessary consultations, enabling health and care professionals to focus on caring for higher risk patients.

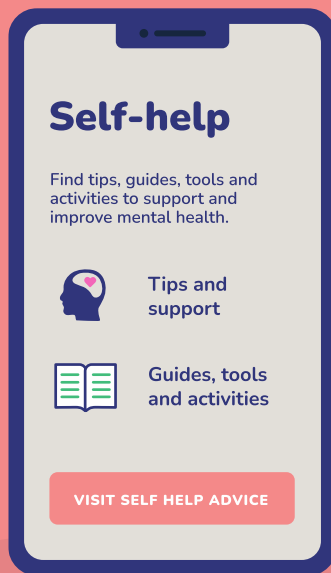
Examples of common minor illnesses and ailments include: hayfever, colds, cuts and bruises and insect bites these can be dealt with by over the counter medicines or support from a pharmacist.

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Pharmacists train for five years in the use of medicines before they qualify as health professionals. If you have a minor illness, please think about the options available to you. Your local pharmacist can provide timely, friendly and professional health and care information, often suggesting over the counter remedies to treat less serious conditions.

But if you have an urgent problem or something that you need to see your GP or another primary care health professional, please contact your GP practice in the normal way. GPs, nurses and our wider primary care family are here for you.



Visit [nhs.uk/mental-health/self-help](https://www.nhs.uk/mental-health/self-help)

If you are aged over 18 and you feel worried, anxious or depressed about certain issues in your life, you can contact your local wellbeing service.

Our local wellbeing services provide a range of free and confidential talking therapies and specialist support to help you to feel better: www.wellbeingnands.co.uk/norfolk

Online NHS services offer practical advice on a range of health issues and are a useful place to turn for early help. Visit: www.nhs.uk