

# Your Care Your Choice

**Services everyone can use without seeing the doctor**

There are lots of free and local health related services that you can go to directly and confidentially for help

**For minor injuries and illnesses when your GP is unavailable:**

## Slough Walk-in Health Centre

### Upton Hospital

Albert Street  
Slough, SL1 2BJ

**Tel: 01753 635505**

8am - 8pm, 7 days a week

## Minor Injuries and Illness Unit

### Wycombe Hospital

Queen Alexandra Road  
High Wycombe, HP11 2TT

24 hours, 7 days a week

## St Marks Urgent Care Centre

### St Marks Hospital

112 St. Marks Road  
Maidenhead, SL6 6DU

**Tel: 03000 242000**

Mon-Fri 8.30am - 5pm  
Weekends and Bank Holidays  
9am - 1pm

**And if you  
aren't sure...**

**Call 111** at any time, day or night.

**Visit:** [www.nhs.uk](http://www.nhs.uk) or go to  
[www.healthhelpnow.nhs.uk](http://www.healthhelpnow.nhs.uk)



**NHS**  
Chiltern

**Clinical Commissioning Group**

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## Healthy Minds - 01865 901600

Information and support for anyone who may be experiencing difficulties with generalised anxiety, depression, stress, phobias or obsessive compulsive stress disorder.

**Website:** [www.healthymindsbucks.nhs.uk](http://www.healthymindsbucks.nhs.uk)

**Text:** send TALK <your name> to 07798 667169 so that they can call you back.

## Time To Talk - 01296 329903 or 07764 210398

A free confidential counselling service available to all young people in Bucks, aged 11 to 25 years.

**Email:** [enquiries@timetotalkbucks.org.uk](mailto:enquiries@timetotalkbucks.org.uk)

**Website:** [www.timetotalkbucks.org.uk](http://www.timetotalkbucks.org.uk)

## FRESH - 01865 901951

Provides a range of services to help young people to help overcome personal difficulties in their lives. If you are 16 or 17 years old, you can call the number above, or visit the website [www.oxfordhealth.nhs.uk/fresh](http://www.oxfordhealth.nhs.uk/fresh)

## Helplines

If you are feeling extremely low or have thoughts of ending your life, these people are trained to listen.

**Samaritans - 116 123**, free to call, open 24 hours a day, email: [jo@samaritans.org](mailto:jo@samaritans.org)

**HOPELineUK - 0800 068 41 41**, email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org), text: 07786 209697

**Mind infoline - 0300 123 3393**,

weekdays 9am – 6pm, email: [info@mind.org.uk](mailto:info@mind.org.uk) or text 86463

**CALM helpline - 0800 58 58 58**, every day 5pm – 12am, [www.thecalmzone.net](http://www.thecalmzone.net)

## School Nurses - 01753 888835

Supporting children and young people from 4 - 19 years with medical and emotional needs. We only accept referrals with the consent of the child's parent or guardian.

**Website:** <http://www.buckshealthcare.nhs.uk/School-nursing>

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## Health Visiting Teams - 01628 662010, 01753 888835 or 01753 643907

If you have a child under 5 you can contact the health visitors for advice on:

- Growth and development of your baby/child
- Childhood conditions, allergies and infections
- Breastfeeding, bottle feeding and weaning
- Teething
- Postnatal depression and parental, mental and physical health
- Child behaviour issues e.g. eating, sleeping, tantrums
- Support with parenting, family health and relationships

## Smart - 0300 123 3166

Helps people to overcome dependency from drugs or alcohol and reach and maintain recovery.

Website: [www.smartcjs.org.uk](http://www.smartcjs.org.uk)

## Talk to Frank - 0300 123 660

A national drug helpline and information service.

Website: [www.talktofrank.com](http://www.talktofrank.com)

## Drug FAM - 0300 888 3853

Education and support for families affected by drugs or alcohol.

Website: [www.drugfam.co.uk](http://www.drugfam.co.uk)

## Sexual Health, Advice and Treatments

For contraceptive advice, implants, tests for any sexually transmitted diseases, worrying symptoms or concerns.

The Garden Clinic, Upton Hospital, Slough SL1 2BJ. Tel: 01753 635302

Website: [www.safesexberkshire.nhs.uk](http://www.safesexberkshire.nhs.uk)

or

Visit: [www.sexualhealthbucks.nhs.uk](http://www.sexualhealthbucks.nhs.uk) or call: 0300 303 2880

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## **Carers Bucks - 0300 777 2722**

Supporting the wellbeing of family carers, including young carers, parents of children with a physical or learning disability, older carers, and those looking after someone with a mental health condition.

Email: [mail@carersbucks.org](mailto:mail@carersbucks.org)

Website: [www.carersbucks.org](http://www.carersbucks.org)

## **Young Carers - 01494 463536**

Supporting young people aged 6-18 who have a caring role.

Website: [www.youngcarersbucks.org](http://www.youngcarersbucks.org)

## **Patient Advice and Liaison Service (PALS) - 01753 633365**

A point of contact for patients, their families and their carers who use Wexham Park Hospital, offering confidential advice, support and information on health services. PALS can chase up hospital appointments after GP referral. Email: [palswexhampark@fhft.nhs.uk](mailto:palswexhampark@fhft.nhs.uk)

## **Live Well Stay Well - 01628 857311**

A health improvement service supporting you, make small proven changes to improve your health. We also help with the emotional challenges of managing long standing and chronic conditions such as diabetes, Chronic obstructive pulmonary disease (COPD) or heart failure.

Website: [www.livewellstaywellbucks.co.uk](http://www.livewellstaywellbucks.co.uk)

## **Smoke Free Support Services - 0845 2707 222**

Free access to an NHS stop smoking adviser.

Website: [www.smokescape.org](http://www.smokescape.org)

## **Safeguarding**

If you are concerned about the safety and wellbeing of anyone, call the first response teams (confidentially).

**Child: 0845 4600 001 Adult: 0800 137 915**

**or NSPCC: 0808 8005000 (free to call 24/7)**