

Why wait to see your doctor? You may not need to...

When you're not very well, you just want to get help as soon as possible. But GP practices are getting busier and busier and it can be frustrating when you cannot get an appointment to see a doctor straight away.

However, what many people don't know is that for several health conditions other professionals can help and provide treatment.

It may not be necessary to see your GP and it could be more appropriate and quicker for you to see other health professional, for example a practice nurse, a counsellor, physiotherapist or a pharmacist. These health professionals are experts in their field and can be better equipped to treat you because they're experienced in dealing with your particular condition.

So, to get better and live well, why wait to see a GP?

Local GPs play a starring role in short videos that help to self-treat common illnesses at home. The videos provide guidance on which over-the-counter remedies to take. They also give advice on when to seek medical help.

Hot topics

Anxiety and low mood
Back pain
Coughs
Diarrhoea
Ear infections
Fatigue
Medicine cabinet essentials
Cold and flu
Sinusitis
Sleeping disorders
Sore throat
Musculoskeletal pain
Viral infections

Watch the Youtube videos at
www.bit.ly/winterGPvideos



NHS 111 is much more than a helpline – if you're worried about an urgent medical concern, you can call 111, Tynetalk / textphone 18001 111, to speak to a fully trained adviser who will ask questions to assess your symptoms and provide advice or arrange for you to be seen by the most appropriate service.

The NHS 111 service is staffed 24 hours a day, 7 days a week and is also available online at <https://111.nhs.uk/>