

Skip the Surgery

Self referral in
Nottingham City



Social Care (Adults)

Assessments for help and equipment and more
0300 131 0300

Children's Centres

Parenting support, activities, behavioural problems and more
0115 876 4800

Counselling for Young People (aged 13-19)

Base 51 Support/counselling
0115 704 3114 or drop in

Drug Problems

Nottingham Recovery Network
0800 066 5362 or drop in

Stop Smoking

SELF REFERRAL NOT AVAILABLE
(Service stopped Apr 2018)

Visit signpostinghealth.com
for links to online resources & info

Updated:
July 2018



Alcohol Problems

Nottingham Recovery Network
0800 066 5362 or drop in

Physio & Occupational Therapy (over 18s only)

For new joint/ back pain:
CityCare- 0115 883 8320
OR initial physio assessments at GP+

Health Visitors

Support with children aged 0-5
0115 883 8900

Podiatry/Chiropody

Patient to complete self referral form
(collect from reception desk or download:
signpostinghealth.com)

Domestic Violence

Women – 0808 800 0340
Men – 0808 801 0327
Perpetrators – 0808 802 4040

Counselling & Psychotherapy

LTWB 0115 956 0888
Insight 0300 555 5582
Trent PTS 0115 896 3160

Self Care Advice

www.signpostinghealth.com

Sexually Transmitted Infections

Call GUM Clinic
0115 962 7627

Pharmacy First

Your pharmacy can deal with many simple problems, drop in and see them

Medication Reviews

Clinical Pharmacist appointments available at GP+ Service
(patient must book through practice)

Cancer Support

Macmillan Cancer Support
For anyone affected by cancer
0808 808 0000
Or drop in at QMC & City Hospitals

Debt/Benefits Advice

Citizens Advice Bureau (CAB)
0300 330 5457