

# NHS Direct 0845 4647

## Health advice and information

Information about NHS Direct  
and what we do





## What is NHS Direct?

NHS Direct is a helpline 0845 4647.

We can give you help and advice about your health.

You can call us on any day of the week, at any time day or night.



## If you are not feeling well

Telephone us and we can help you think about what to do.

For example we might tell you

- how you can look after yourself at home
- that you need to see a doctor
- that we need to call an ambulance for you



If you ring us and you are not feeling well we will ask you for some information about things like any medicine you take.

You can also ring us if someone you are with is not feeling well.



If you want health  
information and advice  
0845 4647

We can give you information about things like

- where your local doctor's surgery is
- support groups
- healthy eating
- and lots more

## More information about NHS Direct 0845 4647



When you ring, tell us if you want to talk in another language.

If you find it hard to hear, you can ring us on a textphone on 0845 606 4647.



Look on our website  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)



Mencap helped to make this easy read.  
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NHS Direct  
Riverside House  
2A Southwark Bridge Road  
London  
SE1 9HA

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