



Feeling unwell?



- Help with medicines
- Coughs and colds
- Aches and pains
- Vomiting or diarrhoea
- Allergies
- Minor illnesses

**Visit your
Pharmacy**



- Stressed
- Depressed
- Worried
- Suffering from phobias

**Call your NHS
Wellbeing Team on
0300 777 0707**



**Symptoms that won't go away
or get worse**

**Contact your
GP or practice
nurse**



Need urgent health advice and
don't know where to go? Open 24/7
and all calls are free. Find advice online
at: www.nhs.uk

**Call
NHS 111**

Minor Injuries Units

- No appointment needed
- Cuts, bumps, bruises and sprains
- Broken bones
- Scalds or burns

Located in **Bishop's Stortford, Cheshunt and St Albans**



Urgent Care Centres

At **Hemel Hempstead Hospital**
and the **New QEII Hospital, Welwyn
Garden City**. No appointment
needed. Treats minor injuries
and illnesses.



- Choking
- Chest pain/heart attack
- Blacking out
- Bleeding heavily
- Stroke

Call 999

Find your local NHS service

Hemel Hempstead Cheshunt

Urgent Care Centre

Hemel Hempstead Hospital
Hillfield Road
Hemel Hempstead HP2 4AD
Open 8am-10pm everyday
X-rays 9am-10pm

St Albans

Minor Injuries Unit

St Albans City Hospital
Waverley Road
St Albans AL3 5PN
Open 9am-8pm every day
except Christmas Day
X-rays 9am-5pm, Monday to Friday
Can only treat children aged over 2 years

Welwyn Garden City

Urgent Care Centre

New QEII Hospital
Howlands
Welwyn Garden City AL7 4HQ
Open 24 hours every day
X-rays 8am-11pm

Watford

A&E/emergency department

Watford General Hospital
Vicarage Road
Watford WD18 0HB
Open 24 hours every day

Stevenage

A&E/emergency department

Lister Hospital
Coreys Mill Lane
Stevenage SG1 4AB
Open 24 hours every day

Cheshunt

Minor Injuries Unit

Cheshunt Community Hospital
King Arthur Court
Cheshunt EN8 8XN
Open 8am-8pm every day
X-rays 9am-6pm, Monday to Friday
11am to 2pm on weekends and
bank holidays
Can only treat children aged over
1 year

Bishop's Stortford

Minor Injuries Unit

Herts and Essex Community Hospital
Haymeads Lane
Bishop's Stortford CM23 5JH
Open 9am-4:30pm Monday to Friday
Closed on bank holidays
Can only treat children aged over 2 years



**Urgent Care
Centre or
Minor Injuries
Unit**

**A&E/
emergency
department**

Unsure which urgent NHS service is right for you?

Call NHS 111, free.

For other NHS services near you, go to www.nhs.uk

