

Useful contacts

National contacts

Allergy UK

01322 619 898

www.allergyuk.org

Asthma UK

0300 222 5800

www.asthma.org.uk

Caroline Walker Trust

Download publications about healthy eating and nutrition.

www.cwt.org.uk/publications

Change4Life

Healthy tips

www.nhs.uk/change4life

Child Accident Prevention Trust

020 7608 3828

www.capt.org.uk

Dental Helpline

0845 063 1188

Diabetes UK

www.diabetes.org.uk

Family Lives

0808 800 2222

www.familylives.org.uk

Meningitis Now

0808 80 10 388

www.meningitisnow.org

National Domestic Violence Helpline

0808 2000 247

www.nationaldomesticviolencehelpline.org.uk

National At-home Dad Network

Dad's views, chat, news and support.

www.athomedad.org

Netmums

Parenting advice and information.

www.netmums.com

NHS Choices

www.nhs.uk

One You

www.nhs.uk/oneyou

Red Cross

Information on CPR (kiss of life)

www.redcrossfirstaidtraining.co.uk

To find an NHS dentist

Call **NHS 111** or visit www.nhs.uk

NHS 111

If you think you need help urgently during the day or night you should call **NHS 111** before you go to any other health service. By calling **NHS 111** you will be directed straight away to the local service that can help you best. It is free to call, including from a mobile, and is available 24 hours a day, 365 days a year.

When should I call **NHS 111**?

- When you need help fast but it's not life-threatening.
- When you think you need to go to A&E or another NHS urgent care service.
- When it's outside of your GP's surgery hours.
- When you do not know who to call for medical help.
- If you do not have a local GP to call.

Call 999 in an emergency

Call **0300 123 1044** or visit www.nhs.uk/smokefree

Local contacts

Southend Clinical commissioning Group

<http://southendccg.nhs.uk/>

Southend's Children and Families Information Point

www.southendinfopoint.org/kb5/southendonsea/fsd/service.page?id=4qQbI5z9A7U