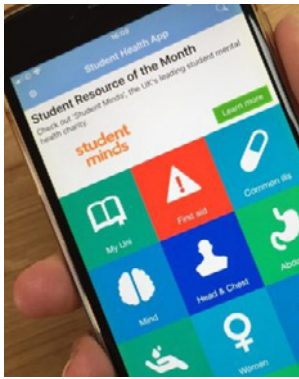


STAY HAPPY BY STAYING HEALTHY

Your Guide to Student NHS services

HOW TO USE LOCAL NHS HEALTH SERVICES WISELY



Student Health App

The FREE Student Health App provides useful and reliable health information for students - all in one single place.

Going to university can be a challenging time, and student mental health problems are on the rise. If you're a student with a physical or mental health problem and are not sure what to do next, simply open the app to:

- **Reduce your worries** - learn when it's safe to manage self-treatable health problems yourself
- **Feel more confident** - find out how to spot warning signs and know when to seek medical advice
- **Know where to go** - become more confident in navigating the NHS and get the support you need

The Minor Injuries Unit (Urgent Care Centre)			
When to go			
Stitch and close wounds		Insect and animal bites	
Remove splinters		Broken bones to arms, lower leg and feet	
Remove foreign bodies from ears, noses e.t.c		Wound infections	
Dress minor wounds, cuts and grazes		Minor burns	
Apply plaster of paris to broken limbs		Sprains and strains	
X-ray arms and legs (over 2 years old)		Minor head injuries	
Minor eye injuries		Minor injuries to back, shoulder and chest	

Accident & Emergency Department (ED)	
When to go	
Loss of consciousness	
Acute confused state and fits that are not stopping	
Persistent, severe chest pain	
Breathing difficulties	
Severe bleeding that cannot be stopped	
Severe allergic reactions	
Severe burns or scalds	



Call 999 **ONLY** if someone is seriously ill or injured and their life is at risk and they need an ambulance (or other emergency service such as the Police or Fire brigade).



Ask your local pharmacist for advice


Your pharmacist can give you advice for many common minor illnesses, such as diarrhoea, minor infections, headache, travel advice or sore throats, cough and colds.

Pharmacies close to the University include:

Highfield Pharmacy
<http://www.highfieldpharmacy.co.uk/>
 02380 582 482

Please use NHS Choices to find local pharmacies and their opening times-
<https://www.nhs.uk/service-search>



 Bus Route
U1/U2/U6/U9 Highfield Interchange



Make an appointment with your GP


if you are feeling unwell. GP surgeries on the university campus include:

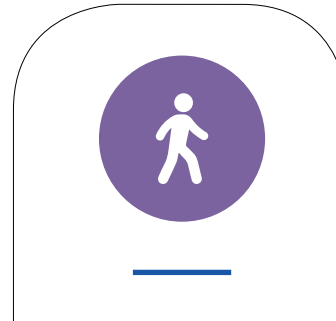
Highfield Health
<http://www.highfieldhealth.co.uk>
 023 8059 5545

and the University Health Service
<http://www.unidocs.co.uk/>
 02380557531.

Please visit the website for information or ring to enquire about the services.



 Bus Route
U1/U2/U6/U9 Highfield Interchange



Visit the Minor Injuries Unit (Urgent Care Centre)


Find out more overleaf if it can't wait until your GP surgery is open at the:

Royal South Hants Hospital,
 Telephone: 0333 999 7613.

No appointment necessary – just turn up between 7.30am – 10.00pm weekdays and 8.00am – 10.00pm on weekends.

Visit:
www.royalsouthhantsmiu.nhs.uk.



 Bus Route
U6




Call NHS 111

if you're not sure which NHS Service you need, or if you need medical help or advice but it's not a life-threatening situation.

Call: 111
 Visit: <https://111.nhs.uk/>



 Bus Route
N/A




Visit the Emergency Department

ONLY if someone is seriously ill or injured and their life is at risk.

The nearest Hospital is:
Southampton General Hospital
 Tremona Rd, Southampton
 SO16 6YD



 Bus Route
U6 & U9

+

- Southampton General Hospital**
Tremona Rd, Southampton SO16 6YD
- Royal South Hants Hospital (MIU available)**
Brintons Terrace, Southampton SO14 0YG

+

- Lloyds Pharmacy**
Parkville Rd, Swaythling, Southampton SO16 2JA
- Boots**
357a Burgess Rd, Southampton SO16 3BD
- Highfield Pharmacy**
29 University Rd, Southampton SO17 1TL
- Bassil Chemist**
55A Bedford Pl, Southampton SO15 2DT
- Boots**
3, West Quay Retail Park, W Quay Rd, Southampton SO15 1BA
- S K Roy Pharmacy**
44 St Mary's Rd, Southampton SO14 0BG
- Telephone House Pharmacy**
71 High St, Southampton SO14 2NW

+

- University Health Service**
Building 48 University of Southampton, Southampton SO17 1BJ
- Highfield Health Surgery**
31 University Rd, Southampton SO17 1TL

Key Map

- +** Pharmacy
- +** Surgery
- +** Hospital
- Halls of residence

For more pharmacies, visit the NHS Choices Pharmacy Finder:
<https://beta.nhs.uk/find-a-pharmacy/>

