

## Depression & Anxiety Service

- Anger issues
- Depression
- OCD
- Panic
- Stress
- Anxiety
- Mood disorders
- Phobia
- Trauma

## Citizen Advice Bureau

- Benefits advice
- Discrimination
- Financial worries
- Law and rights
- Work issues
- Debt information
- Employment advice
- Housing
- Tax

## Do you need a dentist?

- Dental abscess
- Gum problems
- Toothache

## Do you need a GP Practice nurse?

- Asthma
- Blocked ears & wax
- Chronic bronchitis care
- Family planning
- Travel advice
- Weight monitoring
- Blood pressure
- Cardiovascular reviews
- Dressings
- Health Checks
- Smear and Swabs
- Vaccinations

## Where else can you go for help and advice?

- [www.pinpointdevon.co.uk](http://www.pinpointdevon.co.uk)
- [www.patient.co.uk](http://www.patient.co.uk)
- NHS Choices
- Our website
- 111

## Contacts

Citizens Advice Paignton – 01803 521726

Community Nurses Brixham - 01803 219700

Depression & Anxiety number – 01803 696600

Emergency dentist - 03330 063 300

Find a pharmacy website  
<http://www.devondoctors.co.uk/find-pharmacy>

Health visitor – 01803 881399

Local hospitals  
Brixham Hospital – 01803 881399  
Torbay Hospital – 01803 614567

Midwife contact – 01803 881431

NHS Dentist Helpline – 0300 3112233

Self refer Physiotherapy website –  
[www.torbayandsouthdevon.nhs.uk/services/physio](http://www.torbayandsouthdevon.nhs.uk/services/physio)

Compass House Medical Centre  
Telephone 01803 855897

Website - [www.compasshousemedical.com](http://www.compasshousemedical.com)

E-consult – 24/7 online portal enabling you to consult with your GP online. E-consults are answered by the end of the next working day.



**Compass House**  
Medical Centres



**GET THE RIGHT  
HELP FOR YOU  
AND YOUR  
CONDITION**

**DEVON CEPN**



## Why?

General Practice is currently under more pressure than ever. We know that a GP appointment is not always needed and actually may lead to delays in treatments and poorer standards of care being provided. Often patients may be able to self-care or direct themselves the most appropriate healthcare professional and we would like to help empower our patients to be able to do this.

## Is your life in danger – CALL 999

- Is unconscious or not breathing;
- Has a penetrating injury to the neck, chest, abdomen or thigh;
- Has had a severe allergic reaction;
- Has uncontrolled bleeding;
- Is having an asthma attack and is unresponsive to medication;
- Has severe chest pain (heart attack);
- Is fitting (if this is unusual for the patient);
- Has taken an overdose;
- Has been submerged in water for more than one minute;
- Has fallen more than 10 feet;
- Traumatic back/spinal/neck pain.
- Severe head injury



## Have you got a medical emergency? GO STRAIGHT TO A MAJOR A&E

- Severe abdominal pain
- Breathlessness
- Lethargic/drowsy child
- Drug overdose
- severe allergic reactions.
- Sudden blindness
- Persistent nose bleed
- Swallowed foreign body
- Severe burns or scalds
- Road traffic accidents

## Do you need the Minor Injuries Unit?

- Bites & stings
- Cuts and grazes
- Foreign bodies in skin
- Sprains and strains
- Minor wound infections
- Burns and scalds
- Eye problems
- Minor head injuries
- Suspected fractures



## Do you need to see a pharmacist?

- Athletes foot
- Bloating and wind
- Conjunctivitis
- Cough and cold
- Dermatitis and eczema
- Ear wax
- Hay fever
- Headlice
- Irritable bowel
- Nasal congestion
- Runny nose
- Sinus problems
- Sore throat
- Teething problems
- Thrush
- Verruca
- Warts
- Minor allergies
- Cold sores
- Constipation
- Cystitis
- Diarrhoea
- Emergency contraception
- Indigestion
- Mouth ulcers
- Piles
- Scabies
- Sleep problems
- Styes
- Thread worms
- Urine infections (not all pharmacies)
- Viral infections

## Can you look after yourself? These conditions respond well to self-care

- Coughs and colds
- Earache
- Sunburn
- Sore throat
- Diarrhoea
- Flu
- Minor grazes
- Viral illness

## Do you need a Community Nurse? Community Nurses see the housebound for?

- Catheter problems
- End of life care
- Hospital discharge care
- Dressings
- Injections
- Ulcer care

## Who else can you contact directly?

### Health Visitor (Antenatal – 5 years old)

- Safeguarding concerns
- Post natal blues
- Support at home
- Health promotion
- Preschool issues
- Developmental reviews

### School nurse

- Bedwetting
- Bullying
- Drug advice
- Health education
- Safe guarding
- Signposting services
- Behaviour issues
- Developmental screening
- General support
- Immunisations
- Safe sex
- Stop smoking

### Midwife

- Normal antenatal care
- Pregnancy advice
- Antenatal care

### Physiotherapist – available in some areas

General enquiries: 01803 655340

Online appointment request service

- Back pain
- Joint problems
- Rehabilitation
- Exercise advice
- Sport injury