



# Choose health services well!

Find out more about all the health and wellbeing services for children and young people in Bassetlaw at

[www.betterinbassetlaw.co.uk](http://www.betterinbassetlaw.co.uk) or

<https://www.healthforteens.co.uk/>



Choking.  
Blacking out.  
Blood loss.

A&E or 999  
Emergencies only



Concerned about abuse or neglect?

Multi-agency  
safeguarding hub  
(MASH)



Vomiting.  
Ear pain.  
Stomach ache.

GP Surgery



Unwell or unsure?  
GP not open?  
Confused or need help?

NHS 111 or App



Diarrhoea.  
Runny nose.  
Headache.

Pharmacy



Grazes.  
Sore throat.  
Cough.

Self-care



Losing weight.  
Stopping smoking.  
General health queries.

School nurse, or  
public health  
services



Feeling anxious.  
Depressed.  
Worried or stressed.

Young people's  
mental health  
services



Contraception and sexual  
health.

Young people's  
sexual health  
services



Sexuality issues and  
support.

LGBT+ support  
service