

# HEALTH help NOW.

**NHS**

**Dartford Gravesham and Swanley  
Clinical Commissioning Group**

For urgent  
health advice  
24 hours a day  
**call 111**



## URGENT HELP AND ADVICE

GPs are experts in everyday health problems.

### Contact your GP practice first.

You can also see a GP at the NHS Walk-in Centre  
White Horse Surgery Vale Road, Northfleet, DA11 8BZ.  
Open 8am-8pm, seven days a week. 03000 300000  
Doors may close early at peak times. No need to book.



## LATE NIGHT AND SUNDAY PHARMACIES

- **Dartford** - Lloyds **01322 311753**, Sainsbury's **01322 223379**
- **Gravesend** - Kings Pharmacy **01474 359559**, Asda **01474 543410**
- **Greenhithe** - Asda **01322 374110**, Boots (Bluewater) **01322 624780**
- **Northfleet** - Lloyds **01474 357709**
- **Swanley** - Thales Pharmacy **01322 664659**, Asda **01322 661970**



## MINOR INJURIES

Fractured shoulders, arms or lower legs, sprains, cuts, minor burns. Illnesses such as ear, nose and throat infections.

- **Gravesham Community Hospital Minor Injuries Unit** DA11 0DG **01474 360816**  
(8am-8pm, seven days a week. X-ray 8.30am-12.30pm, 1.30pm-5pm Monday-Friday)



## DENTAL EMERGENCY

**Contact your dentist first.** If you don't have a dentist call **0300 123 4412**. Open 8am-4pm Mon-Fri.  
Evenings and weekends, phone DentaLine **01634 890300**.



## CONFIDENTIAL EMOTIONAL SUPPORT 24/7

Mental Health Matters helpline **0800 107 0160** or visit [liveitwell.org.uk](http://liveitwell.org.uk)



## SOCIAL SERVICES

Offers advice and support so that vulnerable people are not left at risk.  
Call **03000 416161**.



**Use your phone before you go.**  
**Save A&E for when you really need it.**

[www.dartfordgraveshamswanleyccg.nhs.uk](http://www.dartfordgraveshamswanleyccg.nhs.uk)