



THE LITTLE GUIDE TO FEEL BETTER

Brought to you by the NHS in Leeds

The Little Guide to Feel Better

is here to help you find the right health service when you're not feeling too well.

For more information and advice, visit:

feelbetterleeds.org.uk



FEELING UNDER THE WEATHER?

From mental wellbeing to broken bones – choose the right service to help you feel better.



NHS 111

is here to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health.

**24 HOURS A DAY,
7 DAYS A WEEK.**

To get help from NHS 111, you can:

Click these buttons and go straight to the website!

VISIT WEBSITE

(for assessment of people aged 5 and over only)

CALL 111

for free from a landline or mobile phone

CORONAVIRUS: HELP STOP THE SPREAD

We can all help stop the virus from spreading if we take precautions.

THIS MEANS YOU SHOULD:

- Stay at home as much as possible and study or work from home if you can
- Limit contact with other people outside of your household
- Keep your distance if you go out (2 metres apart where possible)
- Wash your hands regularly and carry hand sanitiser for when this isn't possible
- Wear a face covering (unless you are exempt) on public transport, in enclosed public spaces and when accessing any NHS services
- Do not leave home if you or anyone in your household has symptoms except to get tested

For the latest
Government guidance,

VISIT WEBSITE

For the latest health advice,

VISIT WEBSITE

For local support and
to see how services in
Leeds are affected,

VISIT WEBSITE





YOUR NHS IS STILL HERE FOR YOU

It is hugely important that people seek
medical care when they need it.

While access has changed, services are still
here when you need them. Get more info on
the Feel Better website.



VISIT WEBSITE



WHAT TO DO IF YOU THINK YOU HAVE CORONAVIRUS



If you have symptoms of coronavirus do not go to a GP, pharmacy or hospital.

CORONAVIRUS SYMPTOMS:



1.

High temperature

– this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

2.

New, continuous cough

– this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

3.

Loss or change to your sense of smell or taste

– this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you or someone you live with has coronavirus symptoms, you must all stay at home, self-isolate and get yourself tested (see page 7). You should not go to a GP, pharmacy or hospital.

If your condition does not improve or you cannot cope with the illness please

call NHS 111 or use the

ONLINE CHECKER

For the latest NHS information

VISIT WEBSITE

GETTING TESTED



If you have coronavirus symptoms, you should get tested.

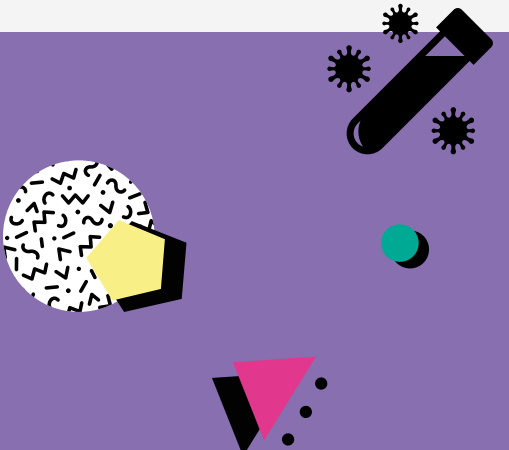
All testing sites operate on an appointment only basis – please do not attend without an appointment.

Appointments can be booked online

VISIT WEBSITE

or by calling 119


When booking, you will be shown a list of the nearest places to go for your test. It is important to be tested no more than five days from when your symptoms started.



NHS TEST AND TRACE

Anyone who tests positive for coronavirus will be contacted by the service and will need to share information about their recent interactions. This could include housemates, flatmates, people with whom you have been in direct contact, or within 2 metres of for more than 15 minutes.

People identified as having been in close contact with someone who has a positive test must stay at home for 14 days, even if they do not have symptoms, to stop unknowingly spreading the virus.





SELF-ISOLATING



If you have symptoms, self-isolate for 10 days. This means you need to stay away from friends in the meantime to help stop the spread!

If you live with other people in your house or shared flat and haven't avoided contact then they should also self-isolate for 14 days, counted from the day you first got symptoms.

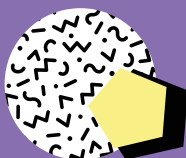
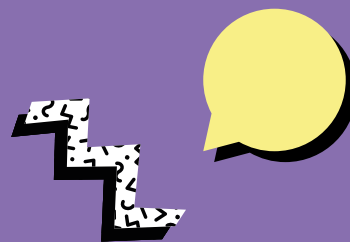
If you live with someone who has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

GETTING SUPPORT IF YOU'RE SELF-ISOLATING

You are not alone! If you are self-isolating and you do not have friends or family nearby who can help, **phone the Leeds City Council Helpline on 0113 378 1877** (7 days a week, 9am to 6pm).

Volunteers are available to help with shopping and transport to medical appointments. Phone support is also available to check how you are.



PHARMACISTS CAN HELP WITH...

- ☐ Cold
- ☐ Earache
- ☐ Sore throat
- ☐ Athlete's foot
- ☐ Thrush
- ☐ Hay fever
- ☐ Fever
- ☐ Blocked nose
- ☐ Sprain or strain
- ☐ Cough
- ☐ Sexual health advice
(including the morning after pill)
- ☐ Hangover
- ☐ Rash/skin complaint

NOT ON THE LIST?

Pharmacists are great, but there are times when you'll need to make the trip to the doctor's or use other services like NHS 111.

Turn over for more information on which service to use and when.

DID YOU KNOW?

Some pharmacies offer specialist services such as chlamydia tests and blood-glucose tests, as well as stop smoking services and weight management.

Call or visit your nearest pharmacy to see which services they provide (see our directory at the back).

To prevent the spread of coronavirus, changes have been made to how you get medicines and advice from a pharmacy at the moment. Try to call your pharmacy or contact them online before going in person.

WHERE SHOULD I GO?

1. Self-care

Stocking up on over the counter supplies and getting plenty of rest is sometimes all it takes to kick the sickness.

2. Pharmacy

Your pharmacist can help you with a whole host of medical issues. Take a look at the previous page for information on when you should visit them.

3. GP/out-of-hours

If you have an on-going issue that isn't getting better, book an appointment at your GP practice.

4. Walk-in centres

Walk-in centres offer health advice and treatments for a range of illnesses. They also provide traditional GP services for both registered patients and people who aren't registered with a GP practice.

5. Urgent treatment centre/ minor injuries unit

Sprains, broken bones, wound infections or sudden illness – these centres can help you if you need urgent medical attention but it's not a life-threatening situation. See back page for your nearest service.

6. A&E or 999

If your condition is serious or life threatening, call 999 or head to A&E straight away.

NHS 111

Not sure if you need professional care or self-care? Just give NHS 111 a call anytime day or night, and they'll help you decide which service is best for you.

REGISTER WITH A GP

Visit [nhs.uk](https://www.nhs.uk) for a list of GP practices near you. To register, give the surgery a call.

It's important that you register with a GP in Leeds so you can get an appointment if you get ill. You can still see your GP at home as a temporary resident during your breaks from uni.

If you want to stay registered with your GP practice at home, you can temporarily register with a GP in Leeds for up to 3 months.

REGISTER WITH A DENTIST

To register with a dentist, find a practice at [nhs.uk](https://www.nhs.uk) and give them a call to book an appointment. A heads up, you might need to join a waiting list to see a dentist.

If you need emergency dental care, even outside of opening hours, call your dentist – they'll have emergency contact details on their answer phone. Or call NHS 111 and they'll tell you what to do.

LET'S TALK ABOUT SEX...

SEXUAL HEALTH SERVICES

Your pharmacy can give you advice on sexual health, including information on contraception – but for other issues you might need to speak to a specialist.

Leeds Sexual Health offers screening and treatment for sexually transmitted infections (STIs), HIV testing and contraception services.

VISIT WEBSITE

0113 392 0333

TAKING IT TOO FAR?

ALCOHOL AND DRUGS SUPPORT

Forward Leeds is an alcohol and drug support service for young people and adults across Leeds. They offer a range of different services including advice, support and interventions for young people who are concerned about their alcohol and/or drug use.

VISIT WEBSITE

0113 887 2477



FOR WHEN YOU'RE NOT FEELING YOUR BEST...



Struggling with your mental health?
Here are some services to support you.



LOOKING AFTER YOUR MENTAL HEALTH

Life has its ups and downs and some things are easier to manage than others. It's totally normal to go through times where coping with day-to-day life is hard – and adding academic, money, family and relationship pressures to the mix can make it worse.

If things get tough, or you know someone who's struggling, the key is to get help early – before things reach crisis point.

There's a whole host of support out there, whether it's from your GP, university, students' union, NHS or other organisations.



MINDWELL

MindWell is a mental health resource that combines information and resources from the NHS in Leeds, Leeds City Council and third sector organisations.

VISIT WEBSITE





MINDMATE

MindMate is a website for children and young people in Leeds, to help support their mental health and wellbeing. It includes information about local services, self-care tools and short stories from other young people who have had problems with their mental health.

VISIT WEBSITE

Leeds University Union (LUU)

LUU Advice offer expert, confidential and independent advice for all University of Leeds students. From housing to money worries, relationship issues to mental health – whatever it is, they've got your back.

VISIT WEBSITE

0113 380 1400

Leeds Beckett University

The Student Wellbeing Team at Leeds Beckett offer a wide range of support to all their current students including counselling and wellbeing workshops.

VISIT WEBSITE

studentwellbeing@leeds
beckett.ac.uk
0113 812 8507



LEEDS CONSERVATOIRE

The Health and Wellbeing team at Leeds Conservatoire offer a range of services to help with any practical, emotional, or mental health issues, which may be impacting on your studies or student life.

VISIT WEBSITE

0113 2223410

Leeds Trinity University

Leeds Trinity Students' Union offer a range of services for their students. From mental health support to advice on housing.

VISIT WEBSITE

counselling@leedstrinity.ac.uk
0113 283 7100

Leeds Arts University

Leeds Arts University provide information, guidance and/or advice on: applying for courses, funding and finance, accommodation, counselling and welfare, disability support, sexual health and any other student related issue.

VISIT WEBSITE

0113 202 8111



OTHER LOCAL SERVICES HERE TO HELP...



CONNECT

Connect helpline is for young people over the age of 16 and is open 6pm-2am every night of the year for people living in Leeds. You can call or access Connect online.

VISIT WEBSITE

0808 800 1212

TEEN CONNECT

Teen Connect helpline is for 13-18 year olds who are in crisis. Open 6pm-2am every night of the year. Young people can call, send a text or go online for support.

VISIT WEBSITE

Call: 0808 800 1212

Text: 0771 566 1559

KOOTH

Kooth is a free online counselling and emotional wellbeing platform for children and young people. 11-18 year olds can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderate forums.

VISIT WEBSITE

THE MARKET PLACE

The Market Place offer a range of free and confidential services for 11-25 year olds. Including 1-2-1 support, counselling, group work and a drop in service (open 7 days a week).

VISIT WEBSITE

0113 246 1659

CALM HARM

Calm Harm is an app that helps you to manage the urge to self-harm. Download the app from the App Store/Google Play and select 'West Yorkshire'.

LEEDS MENTAL WELLBEING SERVICE

Leeds Mental Wellbeing Service provide mental health support and a range of psychological therapies to help people who are struggling with anxiety and depression.

VISIT WEBSITE

0113 843 4388





LEEDS NIGHTLINE

Leeds Nightline is an anonymous, non-advisory telephone service for students across Leeds.

VISIT WEBSITE

0113 380 1285

LIVE WELL LEEDS

Live Well Leeds supports people with mild to moderate mental health needs. It offers 1-2-1, peer and group support as well as befriending and volunteering opportunities.

VISIT WEBSITE

0113 219 2727

KEEP REAL

Keep Real is a social enterprise that supports better mental health for young people across Yorkshire. They do everything from organising live music events to delivering art therapy and stress management workshops.

VISIT WEBSITE



NATIONAL SERVICES:

SAMARITANS

Samaritans offer free, confidential support, anytime, day or night. Whatever the subject, if something's on your mind, they'll listen.

VISIT WEBSITE

24 hour helpline: **116 123**

BEAT

Beat supports anyone affected by eating disorders such as anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.

VISIT WEBSITE

0808 801 0677



WE'RE HERE WHEN YOU NEED HELP



PHARMACY DIRECTORY

CITY CENTRE

Boots

The Merrion Centre,
Leeds,
LS2 8PJ

0113 242 8194

Superdrug

The Merrion Centre,
Leeds,
LS2 8PJ

0113 242 8194

Boots

Trinity Leeds,
19 Albion Street,
Leeds, LS1 5ET

0113 243 3551

Boots

Leeds Station,
New Station Street,
Leeds, LS1 4DT

0113 242 1713

Boots

12-14 Vicar Lane,
Leeds,
LS1 7JH

0113 245 5097

Superdrug

13 Kirkgate,
Leeds,
LS1 6BY

0113 242 0443

Boots

3a Crown Point
Shopping Park,
Junction Street,
Leeds, LS10 1ET

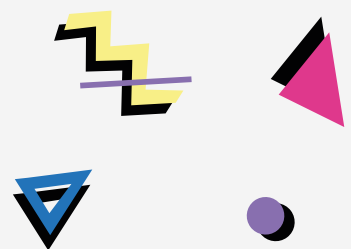
0113 244 8039

UNIVERSITIES

Living Care Pharmacy

166 Woodhouse Lane,
Leeds, LS2 9HB

0113 246 9988



HYDE PARK

Star Pharmacy

136 Cardigan Road,
Leeds,
LS6 1LU

0113 278 3976

Brudenell Road Pharmacy

58 Brudenell Road,
Leeds, LS6 1EG

0113 278 5831

Andrew Tylee Pharmacy

25 Hyde Park Road,
Leeds, LS6 1PY

0113 245 0494

Hyde Park Pharmacy

46 Woodsley Road,
Leeds,
LS3 1DT

0113 244 1551

WOODHOUSE

Boots

1 Moseley Place,
Leeds, LS6 2RY

0113 245 7835

BURLEY

Well Burley

275 Burley Road,
Leeds, LS4 2EL

0113 278 5840

HEADINGLEY

Well Headingley

203 Kirkstall Lane,
Leeds,
LS6 3EJ

0113 275 2103

Lloyds Pharmacy

8 The Arndale Centre,
Otley Road,
Leeds, LS6 2UE

0113 274 0233

Headingley Pharmacy

St Michaels Court,
1 Shire Oak Street,
Leeds, LS6 2DP

0113 230 5588

MEANWOOD

Lloyds Pharmacy

571 Meanwood Road,
Leeds,
LS6 4AY

0113 278 6352

Meanwood Pharmacy

597 Meanwood Road,
Leeds, LS6 4AY

0113 230 7519

KIRKSTALL

Boots

Kirkstall Retail Park,
Savins Mill Way,
Leeds, LS5 3RP

0113 275 7175

HORSFORTH

Lloyds Pharmacy

Broadgate Lane,
Leeds,
LS18 4SE

0113 258 3209

Well Horsforth

74 Town Street,
Leeds,
LS18 4AP

0113 258 2436

IF IT'S MORE SERIOUS...

Use one of these services if you need urgent medical attention, but it's not a life-threatening situation.

Please call ahead, or contact NHS 111, as you cannot just walk-in to make sure we keep our health services as safe as possible.

St George's Urgent Treatment Centre

St George's Road,
Leeds,
LS10 4UZ

0330 311 5106

Shakespeare Medical Practice Walk-in Centre

1 Cromwell Mount,
Leeds, LS9 7TA

0113 295 1132

Wharfedale Hospital Urgent Treatment Centre (previously Minor Injuries Unit)

Newall Carr Road, Leeds, LS21 2LY

0113 392 1647

Not sure which pharmacy is closest to you? Use our Pharmacy Finder at feelbetterleeds.org.uk

A large white cross with a black outline, filled with black confetti-like shapes (dots, lines, and squiggles).

WE'RE HERE!



@nhsleeds



Feel Better Leeds



@feelbetternhs

feelbetterleeds.org.uk

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the NHS in Leeds**