Useful contact numbers

Write down useful contact numbers so you and others can find them easily.
It's a good idea to save them in your phone too.

Service or professional	Name	Phone number	When to call
GP surgery			
Out-of-hours GP			
District nurse or community nurse			
Specialist palliative care team (such as a hospital, community or hospice team)			
Pharmacist			
NHS 111 / local urgent advice line			If it's out of hours
Emergency services		999	If it's an emergency
Marie Curie Support Line		0800 090 2309*	If you'd like practical information or emotional support

* Calls are free from landlines and mobiles. Your call may be recorded or training and monitoring purposes.

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