

During this time busy time of year, you can help yourself – and the NHS – by using the most appropriate healthcare option.

- **Think Pharmacist** - Many pharmacies have late night and weekend opening. A pharmacist can offer you a great deal of help and advice on the best over-the-counter medication for your condition. See a list of pharmacies and opening times [HERE](#).
- **Call 111 or try it on online** – NHS 111 is a free telephone service which is open 24 hours a day, seven days a week, every day of the year. Trained advisors can offer urgent help and advice. You can also access the NHS 111 Online service anytime [HERE](#) and by answering some questions your symptoms will be assessed and you'll be given the recommended action to take.
- **Extra GP appointments** - [The Suffolk GP+ service](#) operates in Ipswich, Felixstowe, Wickham Market, Stowmarket, Leiston and Bury St Edmunds and enables you to book appointments in the evenings and on Saturdays. You can book an appointment with a GP or nurse practitioner in advance through your GP practice or NHS 111. The service will be operating in some locations on Christmas Day, Boxing Day and New Year's Day.
- **Urgent GP appointments** – When you urgently need a GP appointment, call 111 to access the out of hours GP service.