



University of  
**Salford**  
MANCHESTER

**NHS**

Salford

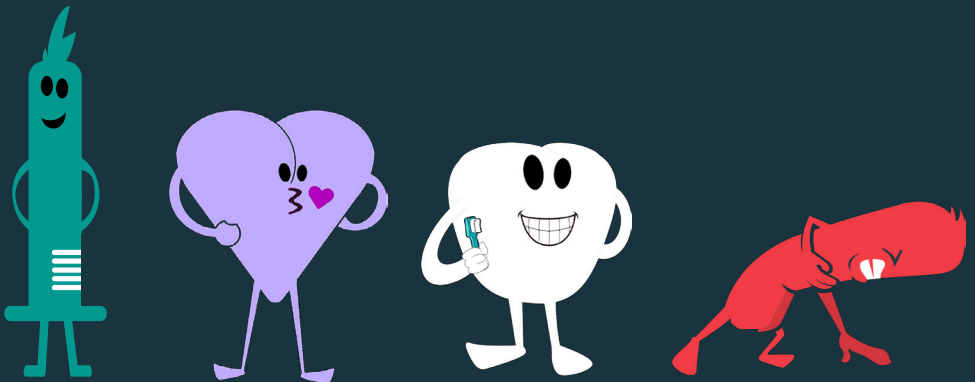
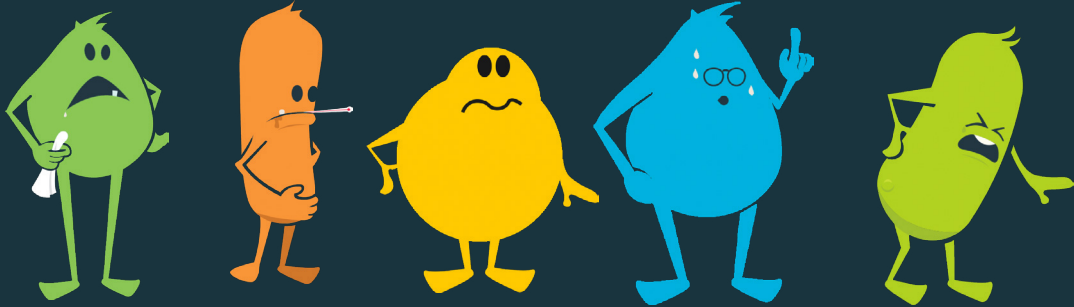
Clinical Commissioning Group

**YOUR HEALTH IS**

**IMPORTANT**

**KEEP THIS SAFE**

**If you're ill and not sure what to do, this guide will tell you what you need to know**



Hangover  
 Grazed knee  
 Ticky cough  
 Sore throat  
 Mental wellbeing



**Self  
 care**

Diarrhoea  
 Runny nose  
 Headache  
 Eczema  
 Verrucas and warts



Go to your  
**local  
 Pharmacy**

Lots of health problems can be treated just by looking after yourself. Keep a supply of over-the-counter products such as painkillers and antiseptic and, if you are feeling unwell, drink lots of fluids and get plenty of rest.

You can use the 5 Ways to Wellbeing to boost your mental wellbeing by clicking [here](#).

The nearest pharmacy closest to campus is Lloyd's, 1 Broadwalk, Salford M6 5FX. Community pharmacists can not only treat simple conditions but, if you are registered with a Salford GP and don't pay for prescriptions, they can supply medicine you would normally need to buy. Go to [www.salfordccg.nhs.uk/pharmacies](http://www.salfordccg.nhs.uk/pharmacies) for details.

# Contacting a GP



Sprains  
Back pain  
Minor injuries  
Mental health worries  
Suspected infections

It's really important that you register with a GP practice.

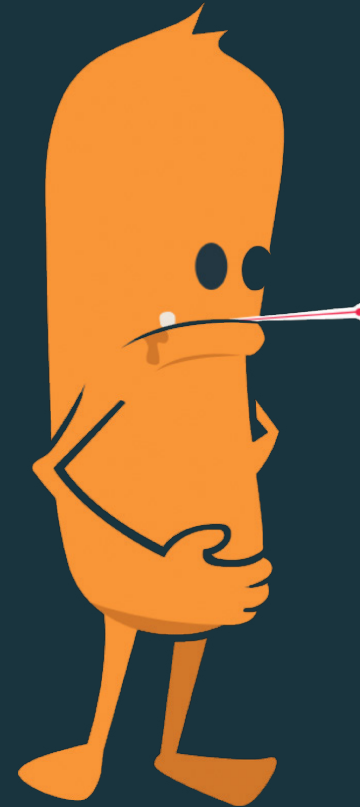
There is one on campus.  
To register please click [here](#)  
or call 0161 295 4209.

You can also visit [www.salforduni.health](http://www.salforduni.health)  
or scan the below QR code:



To find a GP near to where you live visit: [www.salfordccg.nhs.uk/live-well/find-gp](http://www.salfordccg.nhs.uk/live-well/find-gp).

# NHS 111



Not feeling well?

Unsure where to go?

Go to [111.nhs.uk](http://111.nhs.uk)  
or call 111

Your symptoms will be assessed  
and you'll be told what to do next.

NHS 111 is the number to use if you are not in an emergency/life-threatening situation but do need medical help quickly. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. You can ask for a translator if you need one.

For Deaf people or people with hearing loss, use your textphone and call 18001 111.

Severe chest pain  
Breathing difficulties  
Severe burns  
Broken bones  
Severe injuries  
Thinking about suicide

## Do I need the Emergency Department? (formally known as A&E)



If you go to the Emergency Department when you don't need to, you will be turned away and told which is the most appropriate health service for you.

Deaf people can text 999, but only if your phone is registered for the service. Send an SMS text which says "register" to 999.

University can be an exciting yet nerve-wracking experience. It is completely natural to feel overwhelmed during your time at university.

If you, or someone you know, might need help and support, you have a number of options.

## University Counselling and Wellbeing

Access the University's Counselling and Wellbeing service via: [www.salford.ac.uk/askus/support/wellbeing-and-counselling](http://www.salford.ac.uk/askus/support/wellbeing-and-counselling) or on the Student Hub.

You can access out-of-hours support via: [www.salford.ac.uk/askus/topics/urgent-problems](http://www.salford.ac.uk/askus/topics/urgent-problems).

## Students' Union

Societies are open to all students and are a great place to make new friends. Find out more at [www.salfordstudents.com](http://www.salfordstudents.com).

Rafiki is the Students' Union's listening service, led by students, for students. You can speak to a trained volunteer about any problems you're experiencing at university. Find out more at [www.salfordstudents.com/rafiki](http://www.salfordstudents.com/rafiki).

Low mood  
Depression  
Self harm

## Local Support

Call the Spirit of Salford helpline on 0800 952 1000 which provides access to mental health support as well as offering support around practical matters affected by coronavirus e.g. money worries, housing, food etc.

# Suicidal thoughts

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Call Samaritans  
any time, on

**116 123**

Call Papryus on  
**0800 068 4141**

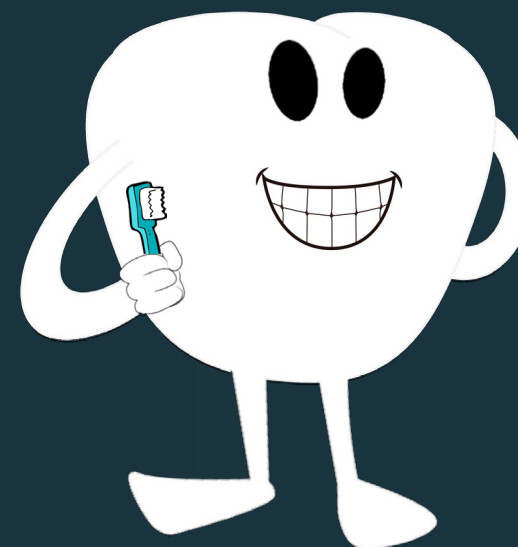
**SHOUT Crisis Service**  
**Text GMSalford to 85258**

If there is an immediate  
risk of harm to  
yourself or others,  
please go directly to  
ED or call 999.



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Dental issues  
Oral hygiene  
Toothache  
Check ups



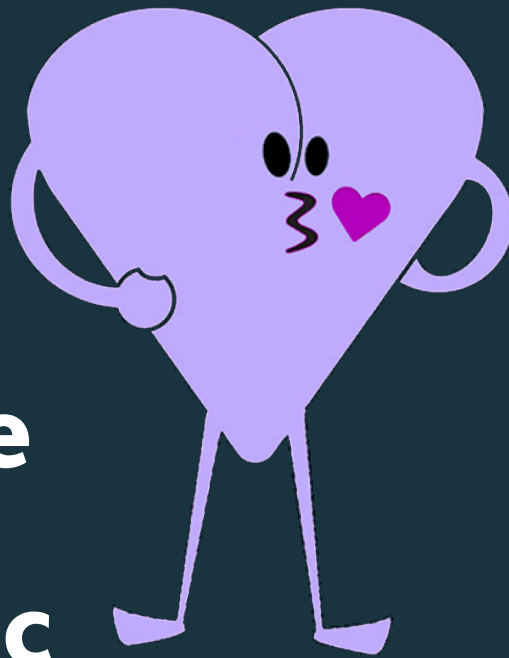
Find a  
**Dentist**

It's really important to register with a dentist. To find one visit:  
[www.salfordccg.nhs.uk/live-well/find-dentist](http://www.salfordccg.nhs.uk/live-well/find-dentist).

Just click 'find your local NHS dentist' and enter your postcode.

For more information go to:  
[www.salfordccg.nhs.uk/live-well/mental-health/preventsuicide](http://www.salfordccg.nhs.uk/live-well/mental-health/preventsuicide).

**Contraception  
Sexually Transmitted  
Infections**



**Contact the  
sexual  
health clinic**

If you're under 25 and sexually active, you should get tested every year for chlamydia and other common STIs.

For more information go to [www.boltonft.nhs.uk/services/sexual-health](http://www.boltonft.nhs.uk/services/sexual-health) or to find your nearest sexual health clinic, go to: [www.salfordccg.nhs.uk/sexualhealth](http://www.salfordccg.nhs.uk/sexualhealth).

# Contraception

Get free contraception advice from your GP or sexual health service. [www.contraceptionchoices.org](http://www.contraceptionchoices.org) can help you choose the right contraception method.

**Free emergency  
contraception is  
available from most  
pharmacies.**

## Pregnant?

If you think you are pregnant, it's important that you get some support. Speak to someone.

If you would like to talk to someone about the choices available to you, contact [www.gmhealthhub.org/sexual-wellbeing](http://www.gmhealthhub.org/sexual-wellbeing). You should also speak to your GP.

If you think you're considering a termination, call the Central Booking service on 0345 365 0565.

For more sexual health support go to: [www.salfordccg.nhs.uk/sexualhealth](http://www.salfordccg.nhs.uk/sexualhealth).

# Drugs and alcohol

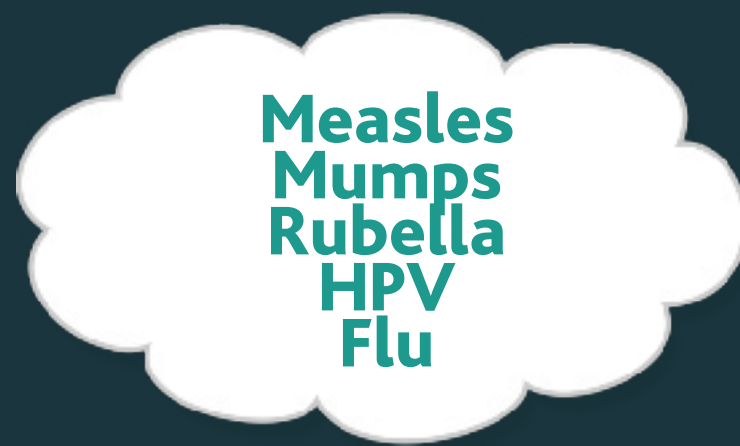
If you are worried about the amount of alcohol you're consuming, these services can help:

For alcohol support and advice:  
[www.nhs.uk/live-well/alcohol-support](http://www.nhs.uk/live-well/alcohol-support)  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

If you have been experimenting with substances, these services can help:

For drugs support and advice:  
[www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help](http://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help)  
[www.talktofrank.com](http://www.talktofrank.com) or call Frank on 0300 123 6600  
[www.earlybreak.co.uk](http://www.earlybreak.co.uk)  
[www.gmmh.nhs.uk/achieve](http://www.gmmh.nhs.uk/achieve)

You can also speak to your GP



Measles  
Mumps  
Rubella  
HPV  
Flu

## Are your immunisations up to date?

It is more important than ever to get the flu vaccination this year if you eligible, as flu and COVID-19 will be circulating this winter.

Here are the two important vaccinations you should be up to date with before starting university.

- Measles, Mumps and Rubella (MMR)
- Meningococcal ACWY (Meningitis)

If you have not had these or you are unsure, please check with your GP.



For more information on what immunisations you should have and when, please click [here](#).

# Getting to the right place



## Salford Royal Hospital

Salford Royal Hospital is on Eccles Old Road in Salford. The entrance to ED is off Stott Lane, M6 8HD.

The numbers 67 and 100 buses stop outside the hospital's main entrance. They run every 8 minutes from the Crescent and the journey takes approximately 20 minutes.

The nearest tram stop is Ladywell, on the Eccles line. It is a 10 - 15 minutes walk away.

The nearest train station is Eccles, which is a 20 minute walk to the hospital. You would need to catch the train at Salford Crescent into Manchester Victoria and change for the train to Eccles, a 25 minute train journey.



## University of Salford Health Centre

The University of Salford Health Centre

is on the third floor in the Maxwell Building on Peel Park campus. It is open Mon - Fri, 9am - 5pm, during term time and 9am - 1pm out of term time. The number is 0161 295 4209 / 4287. Outside opening hours, ring 0161 737 924. Please visit [www.salforduni.health](http://www.salforduni.health).

## Lloyds Pharmacy

Lloyds Pharmacy is one mile from the University campus and is based at Pendleton Gateway. It is a 20 minute walk or you can catch a number of buses including the number 8, 36 and 37.

## Walk-in Centre

A Walk-in Centre provides consultations, advice and treatment for minor injuries and illnesses. However, there is no Walk-in Centre in Salford. The nearest is based at Manchester Royal Infirmary (MRI), which is on Oxford Road in Manchester, M13 9WL, and is open from 8.30am – 10pm. The number 50 bus from The University of Salford takes approximately 20 minutes to get to the MRI.



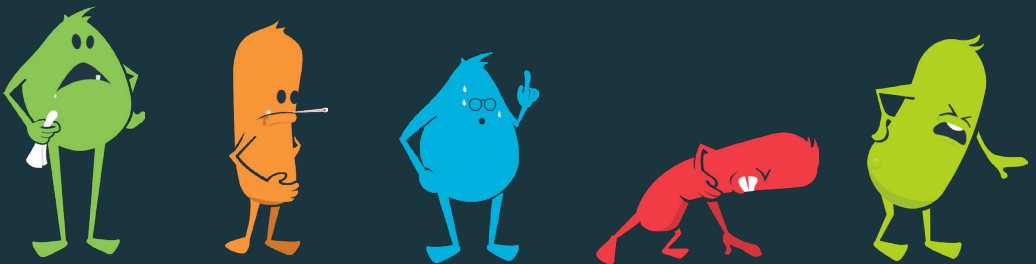
**For all other information visit:**

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

**[www.salford.ac.uk/askus](http://www.salford.ac.uk/askus)**

**[www.salfordccg.nhs.uk](http://www.salfordccg.nhs.uk)**

**A big thank you to Salford Public Health  
and The University of Salford  
for their contribution  
to this booklet**



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