

# USING THE NATIONAL HEALTH SERVICE

**NHS**



**GP =**



If you are a refugee or an asylum seeker you and your family can use the **NHS**. It is confidential and most of the services are **FREE**.

For any health problem that is not an emergency you should see a **GP (Family Doctor)**. If your GP decides that you need hospital treatment you will be referred to the hospital.

To find a **GP** ask your hostel worker, your friends or your social services department for addresses in your area. They will also help you to get the **HC1 AND HC2** forms. You can also phone **NHS Direct**.



For sexual health and family planning you can ask your **GP** or you can go direct to your local **Family Planning Clinic**, **Well Woman Clinic** or **GUM Clinic** for **sexually transmitted infections**.

Phone **NHS Direct (0845 4647)** for information. They can tell you about local services and answer your questions. They have interpreters who can speak your language.



**HC 2**

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**HC 2**

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**NHS**



If you need **FREE MEDICINES**, or to see the **NHS DENTIST** or **OPTICIAN** you must have an **HC2** form.

On your first visit to the **GP** you must register and give personal details. Everything you tell them is confidential and information about you will not be passed on without your permission.

You should only go to the hospital Accident and Emergency Department in a real emergency. You should only phone 999 for an ambulance if you are too ill to get there on your own.