**Your NHS is here to help you – Alma Road Surgery is open this bank holiday, Friday 8 May**

While we are all staying at home it can be difficult to know what to do if you need medical help or advice but your local NHS continues to be here for you; whether you have a physical or mental health need.

To provide additional support, GP practices will be open this Early May Bank Holiday, Friday 8 May 2020. Practice will be open from 08:00am to18:00pm. Dispensary is open from 08:30am -1pm and 2pm-5pm.

If you think you need to see a GP or nurse, please contact your practice by phoning first or using the online eConsult service and we will advise you if we can give advice over the phone, by video consultation or need to see you in the surgery. If we need to see you face to face this may not be at your usual practice but this will be explained to you when the appointment is made.

If you have a high temperature, a continuous cough and think you may have coronavirus, please do not visit your GP practice, pharmacy or hospital. The most up to date advice on treating symptoms is available on the NHS website [www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19). If you need further support, please visit the [111 online coronavirus service](https://111.nhs.uk/service/COVID-19/) or call 111 if you can’t get help online.

If you need medical help or advice when the practice is closed, the NHS 111 service is available 24 hours a day, 7 days a week. You can get in touch online at [111.nhs.uk](https://111.nhs.uk) or by phoning 111 and the team can find the right support for you, including mental health support, out of hours GP services and emergency dental support.

In a serious or life-threatening emergency, such as loss of consciousness, severe bleeding that can’t be stopped, signs of a stroke, chest pain or major trauma you should always call 999 or visit your nearest Emergency Department.

We know it can be difficult not seeing family and friends and the coronavirus outbreak is impacting us all differently, so it is really important we take care of our wellbeing. The [NHS Every Mind Matters website](https://www.nhs.uk/oneyou/every-mind-matters) has lots of useful resources for looking after your wellbeing at home, including support for parents. Solent Mind has also set up a [coronavirus wellbeing hub](https://www.solentmind.org.uk/) with lots of useful resources.