

## General Wellness Services

In cases of medical emergencies dial 999 for an ambulance, or visit Accident and Emergency at Princess Alexandra Hospital, Hamstel Road, Harlow, Essex CM20 1QX

### Local Health Services

#### **Doctor's Surgery**

You can book an appointment to see a doctor at Jenner House, Garden Terrace road, Old Harlow; telephone 01279 418136. You will be charged for the appointment (around £40) if you do not have a working visa.

#### **Chemist/Drug Store**

Ramco in the High Street is open Monday to Friday 09.00-18.30; Saturday 09.00-17.30. A Pharmacist is always available for advice, over the counter drugs, this is also where you can collect your prescriptions.

#### **Dentist**

Old Harlow Dental Practice, telephone 01279 445552, situated in the High Street

The minimum charge is approximately £30.00 each consultation.

Visitors to the UK from non-EEC countries will normally be charged for medical and dental treatment, whether in hospital, Doctors or Dentist surgery. Newfoundland residents are covered in accordance with MCP fee scale and will be reimbursed for any doctor's fees occurred whilst in Britain upon return home. You must make sure you collect a receipt or the appropriate form completed by Doctor or Dentist.

Visitors must also pay for prescription drugs, current charge £8.80 each item (August 2018).

### National Health Services

#### **NHS 111**

<https://111.nhs.uk/>

**Tel: 111**

**111** is the free number to call when you have an urgent healthcare need. It directs you to the right local service, first time.

It is available across the whole of England making it easier for you to access urgent healthcare services when you need medical help fast.

It is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

## General Wellness Services

### Local Support Services

#### **Youth Concern Trust (YCT)**

<http://www.yctsupport.com/>

Tel: 01279 414090. Text 07786 208060

Email: [admin@yctsupport.com](mailto:admin@yctsupport.com)

YCT is a counselling and therapeutic support charity. They specialise in providing support for children and young people aged 5 – 25 years and have been providing these services since 1988. All students residing at Harlow Campus can avail of their services. Their address, YCT House, Maddox Road, Harlow Essex, CM20 3GA.

#### **Essex Sexual Health Service**

<https://www.essexsexualhealthservice.org.uk/>

Tel: 0300 003 1212

Essex sexual health service provide a free, confidential service to the people of Essex regardless of sex, age, ethnic origin and sexual orientation. Clinics are run by a team of doctors, nurses and health advisers.

### National Support Services

#### **Samaritans**

<https://www.samaritans.org/>

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Tel: 116 123

Whatever you're going through, Samaritans offer safe place for you to talk any time in your own way – about whatever's getting to you call free any time, from any phone on 116 123.

24 hours a day, 365 days a year. If you need a response immediately, it's best to call.

#### **B-EAT**

<https://www.b-eat.co.uk>

Tel: 0808 801 0677

Beat is the UK's eating disorder charity. They can provide support, advice and guidance to anyone affected by eating disorders.