

Alternatives to A&E

Please consider using these services below:-

Service	Telephone number	Type of service	Opening Days	Opening Hours	Other Information
NHS 111	111	Advice	Monday-Sunday	24hours	Calls to this number are free. NHS 111 will assess you over the telephone and direct you to the most appropriate service for you.
Grays	01375-898700	Walk in centre	Monday-Sunday	8am-8pm	Arrive before 7.30pm
Southend	01702-611505	Walk in centre	Monday-Sunday	8am-8pm	Arrive before 7.30pm
Chelmsford	0300-1233366	Walk in centre	Monday-Sunday	8am-8pm	Arrive before 7.30pm
Harold Wood	01708792000	Walk in centre	Monday-Sunday	8am-8pm	Arrive before 7.30pm
Minor injury unit –Orsett hospital	01268-592300	Minor injuries Unit	Monday-Sunday	10am-7.30pm Closed 6.30pm last Thursday of the month	What they treat- sprains, strains, broken bones, minor wounds and infections, minor eye injuries, minor head injuries, insect bites, minor burns and scalds, removal of sutures, foreign bodies- may also provide emergency contraception-call 01268 592300

