

# Welcome to Liverpool!



**Get the best out of your  
time here by keeping as  
well as you can and  
knowing what to do if  
illness or stress strikes.**

# 5 steps to a healthy stay in Liverpool

**1) Get yourself a GP** - GPs are your first point of call for most health issues. You need a GP in Liverpool for prescriptions, referrals, sick notes and general health care. At the moment you will probably speak to your GP by telephone or video link. There are also out of hours GPs for health situations that can't wait until the surgery is open. Not sure how to register with a GP? Healthwatch Liverpool can help you. You can still see your home GP during the holidays if you need to.

**2) Know where your nearest pharmacy is** - they can advise you on many common health issues and you don't need an appointment.

**3) Walk in Centres** - for minor injuries and one-off health concerns, the nurse-led Walk-in Centres can help. During the Covid-19 pandemic, they are operating a telephone triage system. Call 0300 100 1004 for an appointment.

**4) Keep A&E for serious and life threatening emergencies**  
A&E is busy with long waiting times to be seen and is best kept for the times we really need it. Always think first "could my health problem be dealt with anywhere else?"

**5) Look after yourself** - leaving home to go to university means big changes to your life and lots of great opportunities. Try to remember to eat the odd healthy meal, stay active and keep an eye on your stress levels. If you feel constantly unhappy or that you can't cope, don't keep it a secret. Speak to your GP and University Student Counselling and Wellbeing Service.

## Contact **healthwatch** Liverpool



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