

# HEALTH help NOW.

**NHS**  
Thanet Clinical Commissioning Group



## URGENT HELP AND ADVICE

GPs are experts in everyday health problems.  
**Contact your GP practice first.**

For urgent  
health advice  
24 hours a day  
**call 111**



## LATE NIGHT AND SUNDAY PHARMACIES

- **Asda** (Westwood Cross, Broadstairs, CT10 2NR) **01843 608010**
- **Boots** (Westwood Cross, Broadstairs, CT10 2BF) **01843 867146**
- **Pierremont Pharmacy** (Broadstairs, CT10 1NQ) **01843 600309**
- **Sainsbury's** (Margate Rd, Broadstairs, CT10 2QG) **01843 592286**
- **Tesco** (Margate Rd, Broadstairs, CT10 2QJ) **01843 347247**
- **Tesco** (Manston Rd, Ramsgate, CT12 6NT) **01843 347447**
- **Asda** (Chatham Street, Ramsgate CT11 7PR) **01843 257800**
- **Summerhill Pharmacy** (Margate Road, Ramsgate CT12 6SU) **01843 586575**
- **Central Pharmacy** (Cliftonville, Margate, CT9 2QN) **01843 298440**
- **Margate Pharmacy** (St Anthony's Way, Margate CT9 3RB) **01843 295878**



## DENTAL EMERGENCY

**Contact your dentist first.** If you don't have a dentist call **0300 123 4412**. Open 8am-4pm Mon-Fri.  
Evenings and weekends, phone DentaLine **01634 890300**.



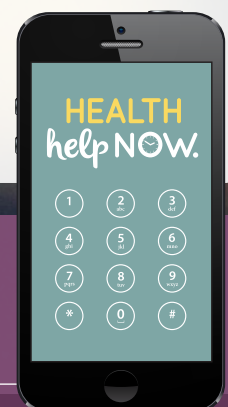
## CONFIDENTIAL EMOTIONAL SUPPORT 24/7

Mental Health Matters helpline **0800 107 0160** or visit [liveitwell.org.uk](http://liveitwell.org.uk)



## SOCIAL SERVICES

Offers advice and support so that vulnerable people are not left at risk.  
Call **03000 416161**.



Use your phone before you go.  
Save A&E for when you really need it.

[www.thanetccg.nhs.uk](http://www.thanetccg.nhs.uk)