

Health Services For Home Students



Registering with a GP.

It is important to register with a GP once you arrive in Newcastle so that if you are suddenly ill, you will be able to see someone quickly.

You can register with any GP in your area. Details of GP's in Newcastle can be obtained either from the Student Advice Centre or your University Handbook. Alternatively contact NHS Direct at www.nhsdirect.nhs.uk. To register with a GP you need to contact or visit the GP Surgery, taking your NHS Card with you. If you either do not have one or have lost yours, write to the Tyne & Wear Contractors Service Agency with your name, address, date of birth and previous GP. If you experience any problems in registering with a GP, contact NHS Direct.

Paying for NHS Treatment

If you are aged 19 and under and you are full time student you will automatically qualify for free prescriptions and NHS Dental and Optical Treatment. If you are over 19 you should fill in form HC1 available from the Student Advice Centre as you may still qualify for free treatment, or help towards the cost of your treatment depending on income.

Certain groups of people qualify for free NHS treatment automatically. These include:

- Children/young people under 16 or 19 if in full-time education.
- Women who are pregnant or who have had a child within the last 12 months.
- People with certain Medical Conditions.
See www.nhsdirect.nhs.uk for more details

Sexual Health

If you need advice about matters relating to Sexual Health including Pregnancy and Contraception, Abortion and Sexually Transmitted Diseases, there are various services available:

- Your GP can provide you with advice on all range of issues but any information will be included in your Medical Records.
- Family Planning Services - provide information on all matter relating to sexual health as well as free contraceptives. Ask the Student Advice Centre for information about your nearest clinic.
- Independent organisations who offer advice and information on particular areas. See www.patient.co.uk for advice, information and links to organisations. Also see the Common Health Section on www.nhsdirect.nhs.uk/chq.asp for specific information about contraception and abortion.

Mental Health

Mental Health Matters cover a wide range of problems from Stress and Depression to Bereavement and serious Mental Illness. Depending on the problem you could visit your GP to discuss the matter and s/he may refer you onto specialised mental health service within the NHS, or prescribe you medication themselves.

You may however want to seek alternative help such as counselling, support or self-help. The University Counselling Service offer free counselling to all its students and provide a range of leaflets on areas such as Depression, Alcohol Abuse and Bereavement which are available from the Student Advice Centre and can be found at www.ncl.ac.uk/counselling-wellbeing

There are also various independent organisations who offer advice, support and counselling to people on various matters. See www.patient.co.uk for information, advice and links to self-help groups and organisations.

Dentists and Opticians

Dentists and Opticians can offer both private and NHS treatment and most practices offer a mixture of both. If you opt for NHS treatment there are set prices for particular treatments and you may also apply for possible help towards cost of certain treatments if your income is low enough (HC1 form).

Contact www.nhsdirect.nhs for details about finding a dentist who can offer NHS treatment and for a list of NHS charges. Alternatively contact Tyne and Wear Contractor Services Agency www.twcsa.nhs.uk.

If you are unsure about where to go or want to discuss your situation in more detail please contact the Student Advice Centre.

Emergencies and Out of Hours Assistance

If you need urgent treatment you should contact your doctor and explain that you need to see him/her urgently. If you need to contact him/her out of hours (normal office hours are usually between 9am to 5pm), you should telephone the surgery and they will give you an emergency telephone number to call.

You can also visit your local Accident and Emergency department for assistance but you may have to wait several hours depending on the seriousness of your condition. If however, you are seriously unwell and unable to travel, for example, if you are involved in an accident then you should telephone the emergency service on 999 and ask for an Ambulance who will take you to Accident and Emergency.

If you are unsure about whether you need medical assistance or not, you can telephone NHS direct, a service run by nurses, who will be able to give advice, although you may have to wait several hours for an answer.

Useful Addresses

NHS Direct

Tel : 0845 46 47

Website: www.nhsdirect.nhs.uk

Accident and Emergency Services

Newcastle General Hospital

Westgate Road

NE4 6BE

Tel: 0191 233 6161

Newcastle Central NHS Walk-in Centre

Unit 5 The Bar

St James Gate

Newcastle

Tel: 0191 233 3760

Website: www.nhs.uk

Tyne and Wear Contractor Services Agency

2nd Floor Bede House

All Saint Business Centre

Newcastle

Tel: 0191 219 6200

Website: www.twcsa.nhs.uk

University Counselling Service

Barras Building

Eldon Place

Newcastle University

Tel: 0191 222 7699

Website: www.ncl.ac.uk/counselling-wellbeing

For information on Meningitis, Mumps and other University Health News.

www.ncl.ac.uk/counselling-wellbeing/healthcare/

You can access our website at

<http://www.unionsociety.co.uk/sac>

Student Advice Centre

Union Society

Kings Walk

Newcastle University

Tel: 0191 239 3979

E-mail: sac.reception@ncl.ac.uk

The SAC is a member of Advice UK
(The independent advice network)