



University of
Nottingham

UK | CHINA | MALAYSIA

An introduction to the UK health system

Which health service do you
need?

The UK has a complicated health system.

There are emergency and urgent medical services which anyone living in the UK can access free of charge.

To access non emergency services all Tier 4 Visa and Short Stay Study Visa International Students need to register with a General Practitioner (doctor). Short Stay Study Visa students will be charged for specialist hospital services.

The following slides provide a brief outline of health services in the UK, including dental and eye care services.

Follow the links to gain more detailed information about these services.



Free Services for anyone resident in the UK

- Emergency services
- Urgent Care Centre
- 111 Service
- Sexual Health Services
- Mental Health Services



Who can help

For emergency situations such as:

Loss of breathing/severe chest pain/heavy bleeding/suspected broken bones: call **999**

[NHS urgent and emergency care](#)

Urgent but not life threatening conditions such as:

Suspected broken bones; minor head injuries; ear and throat infections, vomiting and diarrhoea; emergency contraception visit the [Urgent Care Centre](#)

For symptoms that do not go away such as: back pain; skin rashes, acne and eczema and low mood visit your GP

[University of Nottingham Health service](#)

[Orchard Practice](#)

Need advice fast about non urgent health concerns

Get help by phoning 111 or access on line. This is a 24 hour service.

[NHS111](#)



Who can help cont.

Want advice on how to make yourself feel better?

Feeling unwell with conditions such as a nasty cough, skin rash, sore throat, flu ask your local pharmacist.

[What to expect from your pharmacy](#)

[Find your local pharmacy](#)

For many common ailments and illnesses **self-care** is all that is needed to help you feel well again. There are some over the counter products you can buy that can help you resolve minor ailment and illnesses.

[for general advice re self care for different ailments](#)

Mental Health and Well Being

Low mood and anxiety are normal feelings that most people experience. Proactive steps can be taken to help maintain a positive sense of wellbeing

If your feelings become too difficult to manage alone, there are specialist University services you can access. Click [here](#) for more information



Who can help cont.

Dental Services

Dental services in the UK are not free. To access regular dental care you need to register with a dentist. Students at University Park and Jubilee can register at [Cripps Dental Practice](#) on University park.

You can find a dentist in the area you live [here](#)

[What's available](#)

Eye Care /Opticians

Eye care is provided by private practitioners in the UK called Opticians. Most eye tests, spectacle lens prescriptions and frames have to be paid for.

[Find a local optician](#)

Sexual Health Services

Contraception, sexually transmitted infections (STI) testing, advice and guidance are available at **free confidential clinics**

[Free condoms for under 25s](#)

HealthyU provides More information about sexual health can be found at [HealthyU](#)

Information about Covid 19 and wellbeing can be found [here](#)

Reporting symptoms – use the student email helpline

If you suspect you have symptoms of coronavirus, let us know as soon as possible.

Use our email helpline at ss-student-selfisol@nottingham.ac.uk or complete our online form below.

[Self-isolation form](#)

We will try our best to support you. Wherever you are, please follow the advice of [local government](#).

If you are staying in Nottingham throughout the pandemic, let us know by completing [this form](#) if you have not already done so.

If your symptoms get worse or do not get better after seven days, visit [NHS 111 online](#).



This guide was produced as part of the International Student Mental Health project, a partnership of stakeholders across the sector.



**International Student
Mental Health**



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