



Greenwich **NHS**
Teaching Primary Care Trust

**R U A Patient?
Concerned but
don't want to
complain?
Worried and
not sure
what to do?
Have a problem
but don't know
who to ask?**

**When you need
advice, have
concerns, or
just don't know
where to turn**
You can contact the
**Patient Advice and
Liaison Service**
PALS
We're here to help
www.greenwichpct.nhs.uk
0800 16 99 928
Monday to Friday
9am to 5pm

Write to:
PALS Officer, Carol Berry
Greenwich Teaching PCT
31 - 37 Greenwich Park St
Greenwich SE10 9LR
Email
pals@greenwichpct.nhs.uk
Type Talk Service
18001 0800 1699928

Greenwich **NHS** **Love Libraries** **Greenwich Council**

Feed your mind

libraries
www.greenwich.gov.uk/libraries
Available from
Greenwich libraries
Information

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- **Books** to help with health - fitness, diet, self-help and medical conditions
- **Contact details** - for local and national self-help groups
- **Electronic Library** - FREE access to a selection of medical & health-related websites
- **World wide** - health information on the internet
- **Books on Prescription** - read your way to health

at your local library!

Books on Prescription

The Librarians' **Books on Prescription** scheme provides a professionally selected list of self-help books - on subjects such as health and bereavement, overcoming anger, panic, depression, mood swings, anxiety, compulsive, anorexia nervosa, gambling and low self-esteem. Many people develop emotional or psychological problems at some time during their life. **You are not alone!**