

NAVIGATING YOUR HEALTH

WHEN TO SEEK EMERGENCY SERVICES



**Chest pain
Or signs of a heart
attack**



Signs of a stroke
(slurred speech, droop
on side of face)



call
112

**Serious allergic
reactions**
(anaphylaxis)



Breathing difficulties
(like severe shortness of
breath, difficulty
speaking)



Loss of consciousness or severe disorientation
(fainting, seizures, state of confusion)



**Severe injury or
trauma**
(wounds, burns,
electrical shocks)



**Complications
during pregnancy**



**Sudden, severe pain
anywhere in the body**



WHEN TO VISIT YOUR LOCAL HEALTH CENTRE OR GP



Non-urgent health issues
(mild symptoms of common
conditions like colds, flu, and
other common infections)



Minor injuries
(minor wounds that might
require suturing, bruising,
burns, scalds)



Insect and jellyfish bites



Minor sport injuries
(e.g. sprains, pain)



Routine Check-ups and treatments
of common conditions (e.g. diabetes, hypertension)



CALL 1579 FOR MENTAL HEALTH SUPPORT



WHEN TO CALL TELEMEDICINE (21231231 / 21222444)



**Medical advice
and information**



**Appointments for
minor medical
problems**



**Appointments for
specialised clinics**



THIS NUMBER IS NOT FOR EMERGENCIES

FREE SUPPORT FOR A HEALTHY LIFESTYLE



Call the Tobacco Cessation Quitline on 8007 3333
for tailored support for a smoke-free life.



Call the Nutrition Helpline on 8007 3307
for professional nutrition advice.



Call 2326 6000 to join a free programme
to manage weight, chronic conditions, or stress
and life challenges.



**For sexual health advice, send a message on
Facebook or Instagram to @sexualhealthmalta**

