SHELF RELIANCE / EMERGENCY CONTACTS

United Kingdom

A4 - one page - print single-sided - keep somewhere easy to find

Police, ambulance, fire or coastguard

999

Alternative emergency number

112

Give your location, explain what happened and follow the operator's instructions. [1]

Northern Ireland urgent medical advice: contact your GP or local GP out-of-hours service. For a life-threatening emergency call 999.

MEDICAL ADVICE & POISON INFORMATION

England, Scotland & Wales

Urgent medical advice

111

For urgent medical help when it is not a life-threatening emergency, or when you are unsure where to get care. [2]

NON-EMERGENCY POLICE & ASSISTANCE

Across the UK

Police non-emergency

101

Report a crime or give information when nobody is in immediate danger and an emergency response is not needed. [3]

POWER, GAS & WATER

England, Scotland & Wales

Power cut

105

Report a power cut or an electricity network problem to your local network operator. [4]

POWER, GAS & WATER

Northern Ireland

Power cut

03457 643 643

Contact NIE Networks about a power cut or an electricity network problem. [4]

England, Scotland & Wales

Gas emergency

0800 111 999

Call the National Gas Emergency Service if you smell gas or suspect a gas leak or carbon monoxide from a gas appliance. [5]

Northern Ireland

Gas emergency

0800 002 001

Call the Northern Ireland Gas Emergency Service if you smell gas or suspect a gas leak. [6]

OTHER HELP & SUPPORT

Across the UK

Someone to talk to

116 123

Samaritans offers free, confidential support, day or night, when you are struggling to cope. If someone is in immediate danger, call 999. [7]

MY LOCAL CONTACTS

Doctor / clinic: _____ Utility / water: _____

My embassy / consulate in this destination (add before travel):

Short codes and freephone numbers may not work from foreign SIMs. For local services, check your provider or the official sources below.

[1] GOV.UK - gov.uk
[2] NHS - nhs.uk
[3] GOV.UK - gov.uk
[4] GOV.UK Prepare - prepare.campaign.gov.uk
[5] Health and Safety Executive - hse.gov.uk
[6] nidirect - nidirect.gov.uk
[7] Samaritans - samaritans.org