

How do you get help from PALS?



You can call on :
01228 814008



You can write to us :
PALS
Cumberland Infirmary
Carlisle CA2 7HY



You can email us at :
CICPALS@ncumbria-acute.nhs.uk

We can supply a large print copy of this leaflet and we can put it on tape too. Please ask if you would like one of these.

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We can help you

How can PALS help?

PALS can tell you about NHS health services, including mental health, and what you can expect.

When you go to hospital or to see your doctor or nurse



When you need treatment or tests



When you need to have your eyes tested



When you need to see a dentist



PALS can help :

you, your family or carers

if you have problems with health service

provide information on NHS service

We can help you get in touch with support groups that can help you

When you bring your concern to us we will explain how PALS works

We will do our best to make sure you get the help you need

We will ask your permission before we do anything

We will keep your information confidential unless there are exceptional reasons, for example to protect children.