

Take care of yourself!

What you eat and drink, and how much you move, have a great impact on how you feel.



Your body needs physical activity to function well. Be physically active for at least 30 minutes every day. You need both to get a little out of breath and to strengthen your muscles.



Healthy eating habits help you maintain a healthy weight and reduce the risk of various diseases. Choose food products marked with the Keyhole symbol. They contain less sugar and salt, more whole grains and fibre, and healthier or less fat.



When you sleep, your body's immune system is activated and important hormones are produced. Adults need 6–9 hours of sleep per night.



Your health is negatively affected by tobacco, alcohol and other drugs. Reduce or completely stop using them if you want to live a healthier life.

How to seek health care

– in Östergötland



- Self-care
- Call 1177
- Health centre /urgent care center
- Emergency Department

regionostergotland.se

Region
Östergötland

● 1177.se – everything for your health

At 1177.se, you can find information about health, healthcare, and illnesses. You can also get advice about what you can do yourself to feel better. Under "Hitta vård", you can find contact details for all healthcare clinics.

● Manage your health care at 1177.se

Log in to 1177.se with e-ID to:

- read your medical records
- ask staff to contact you
- see your booked appointments
- cancel your appointments
- renew prescription

You can also manage health care matters for your children.

● Call 1177 for Healthcare Advice

Nurses are available to give advice on how to take care of your symptoms, assess your health concerns and help you find the right healthcare service

You can call 1177 24 hours a day, every day.

● Health Centre

Your local health centre is open during daytime on weekdays.

You need to book an appointment before your visit.

If you need care when the health centre is closed, you can visit an Urgent Care Centre. Call 1177 for advice and to get an appointment if needed.

● If You Feel Depressed or Have Anxiety

Contact your health centre if you feel so unwell that it affects your daily life and has lasted for at least two weeks.

If you have an acute mental health crisis, contact a psychiatric emergency service.

● Digital Youth Health Service

For young people aged 13–25. You can get support and advice from a counsellor, a psychotherapist or a midwife. Book an appointment in the app "Din vård Region Östergötland".

● Emergency Department

In case of a serious illness or accident, call 112 or go to an Emergency Department. Patients with the greatest need for care are treated first.

Emergency Departments are available at the hospitals in Linköping, Norrköping and Motala.

They are open 24 hours a day.

● Emergency Dental Care

If you have an urgent dental problem, first contact your regular dental clinic. During weekends, you can contact the Public Dental Service Emergency Clinic.

