

# TOGETHER WE CAN CHOOSE WELL

## Online services



Book appointments or order repeat prescriptions through the NHS app or your GP practice website. Visit [111.nhs.uk](http://111.nhs.uk) to check your symptoms and get urgent medical help 24/7.

## GP practices



Are here to help and may include GPs, nurses, occupational therapists and physiotherapists. We'll ensure you get the right care appropriate for your needs.

## Mental health



It's important that we look after our mental health and wellbeing the same way we do with our physical health.

## Flu and COVID-19 vaccines



If you're over 65, pregnant, have a long term condition, or care for someone get your free COVID-19 and flu vaccination.

## Winter care



Find tips on how to stay well. Protect yourselves and others around you this winter.

## Pharmacy



For medical advice and treatments for things like colds, tummy troubles, rashes and pains.

For self-care tips and more information on local services visit [togetherwe-can.com](http://togetherwe-can.com)

West Yorkshire  
Health and Care Partnership

