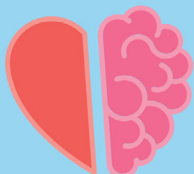


**TOGETHER
WE CAN**

choose well

NHS



Stay well this winter



**We can all play our part to help ourselves
and others stay well this winter.**

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

West Yorkshire
Health and Care Partnership





Online services

Book appointments or order repeat prescriptions through the NHS app or your GP practice website. Visit 111.nhs.uk to check your symptoms and get urgent medical help 24/7 or call **111** if you don't have access to the internet.



GP practices

Are here to help and may include doctors, nurses, social prescribers and physiotherapists. We'll make sure you get the right care for your needs.



Mental health

Looking after our mental health and wellbeing is important. Visit togetherwe-can.com/mental-health for more information. For urgent help in a mental health crisis call NHS **111**, option 2 for 24 hour support.



Vaccinations

It's important to get your Covid-19 and flu vaccines if you're at higher risk of getting seriously ill from these illnesses. Visit nhs.uk/seasonalvaccinations for more information.



Winter

Find tips on how to stay well and look after yourselves and others this winter. Visit togetherwe-can.com.



Pharmacy

Go to your local pharmacy for medical advice and treatments for things like colds, tummy troubles, rashes and pains.

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