

# 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](https://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. Please visit [togetherwe-can.com/mental-health](https://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](https://nhs.uk/seasonalvaccinations) to see if you're eligible and find out how to book or call **119**.

## Winter



Find tips on how to stay well and protect yourselves and others this winter. Visit [togetherwe-can.com](https://togetherwe-can.com)

## Pharmacy



Go to your local 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](https://togetherwe-can.com)

West Yorkshire  
Health and Care Partnership

