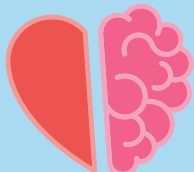


**TOGETHER
WE CAN**

choose well

NHS



Stay well this winter



We can all play our part to protect ourselves and those around us this winter.

For self-care tips and more information on local services visit 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.



GP practices

Are here to help and may include GPs, nurses, occupational therapists and physiotherapists. We'll ensure you get the right care 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. Support and resources are available.



Flu vaccine

If you're over 65, pregnant or have a long-term medical condition, get your free flu jab today.



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.

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