Together We Can – Choose Well

# Transcript of promotional material follows below:

## Please choose the right service for your needs

### Self Care

Many minor issues like coughs, grazes and sore throats can be treated at home

### Pharmacy

Medical advice and treatment for things like colds, tummy troubles, rashes, aches and pains

### NHS111

Visit the NHS 111 website or call 111 if you need medical help quickly, 24/7

### Mental Health

Call 0800 183 0558 for free, confidential, help, support, information and guidance

### GP

GP practices provide advice and support on a range of health concerns. Seven days a week

### A&E

For life threatening emergencies like heart attacks. 24/7