

NHS CHOICES HELPS YOU TO HELP YOURSELF

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NHS Choices provides an award-winning, comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle, but also about making the most of NHS and social care services in England.

You can find help and support 24 hours a day for:

- Health – self management of minor illness, information on living with long term conditions.
- Live Well – the latest information and apps to promote a healthy lifestyle.
- Care and Support - This guide is for people who have care and support needs, their carers and people who are planning for their future care needs
- Health News – latest health news and headlines
- Services Near You – find services near you using this directory tool.