

# How to look after your health

Resettlement and Integration



This is an Easy Read document with information on looking after your health











## **GP and Doctors**

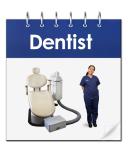


- <u>Find your local GP here</u> and get registered.
- You can book an appointment online or by calling on the phone.



- GP Surgeries usually open from 8am
   Monday to Friday.
- Download the <u>NHS app</u> for more information.

## **Dentist**



• Find your nearest dentist and see if they have space for you to register.

## Sexual Health



The <u>Wolverton Centre</u>, at Kingston Hospital Sexual Health Clinic, open Monday to Friday.



To book an appointment call:
 020 8974 9331, 8.15am - 3.30pm
 Monday to Friday (until 5pm on Tuesday and Wednesdays).





 Sexual health advice and support for young people aged 13 - 19 can be found at:

www.gettingiton.org.uk (GiO)

 As well as information on emotional health, sexual health, relationships, mental health, and drugs and alcohol.

# Visit your local pharmacy:



- To collect your medicine.
- Get advice.



## Things to know:

- You might get prescriptions free if you are on Universal Credit, otherwise you have to pay.
- Find your local pharmacy here.

## **Healthy Living**



• Get support for having a healthier lifestyle. More information below:

Healthy Wellbeing
Getting Fit
Healthy Living - Connected Kingston.



 You can <u>get support with stopping</u> <u>smoking.</u>



 You can take part in activities to improve your health. Find more information on the <u>Connected Kingston</u> website.



 Health Watch Kingston provides information with <u>support if you or</u> <u>someone you know has diabetes.</u>

#### Mental Health



• Are you feeling down or worried? Do you want to talk to someone?



 You can <u>talk to someone and access</u> <u>counselling sessions</u> at Refugee Action Kingston (RAK).



- <u>Connected Kingston</u> has support services for if you are:
- feeling depressed, anxious or stressed;
- feeling lonely;
- <u>supporting someone with their mental</u> <u>health;</u>



• Connected Kingston also has a list of support for young people.



 Good Thinking is a website for online support and advice on your wellbeing.



You can <u>self-refer to NHS Talking</u>
 <u>Therapies</u> which provides psychological therapies.



• You should also speak to your doctor about your mental health worries.



 More information on <u>support and</u> <u>advice for your wellbeing</u> can be found at Connected Kingston.



 Connected Kingston also has information on support services for the mental health and wellbeing of your children.



 Carers (aged 18+) can visit <u>Kingston</u> <u>Carers Counselling</u> for advice and support.