

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



- [Find your local GP here](#) 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 [NHS app](#) for more information.

Dentist



- [Find your nearest dentist](#) and see if they have space for you to register.

Sexual Health



The [Wolverton Centre](#), 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 [get support with stopping smoking.](#)



- You can take part in activities to improve your health. Find more information on the [Connected Kingston website.](#)



- Health Watch Kingston provides information with [support if you or someone you know has diabetes.](#)

Mental Health



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

REFUGEE
ACTION
KINGSTON

- You can [talk to someone and access counselling sessions](#) at Refugee Action Kingston (RAK).

Connected
 Kingston

- [Connected Kingston](#) has support services for if you are:
 - [feeling depressed, anxious or stressed;](#)
 - [feeling lonely;](#)
 - [supporting someone with their mental health;](#)



- Connected Kingston also has a list of [support for young people.](#)

 Good
Thinking

- [Good Thinking](#) is a website for online support and advice on your wellbeing.



- You can [self-refer to NHS Talking Therapies](#) which provides psychological therapies.



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



- More information on [support and advice for your wellbeing](#) 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 [Kingston Carers Counselling](#) for advice and support.