

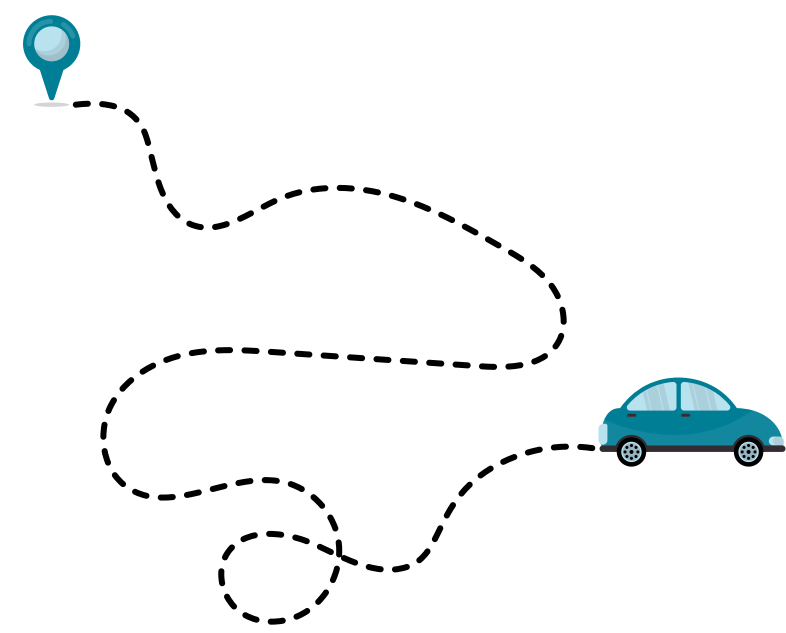
Did you know?

If you are away from home but still in the UK, you can register as a **temporary patient** near where you're staying.

To do this, visit the GP and ask for a **temporary services form**.

You can be a temporary patient with another GP surgery for **up to 3 months**. After that you can re-register as a temporary patient or as a permanent patient.

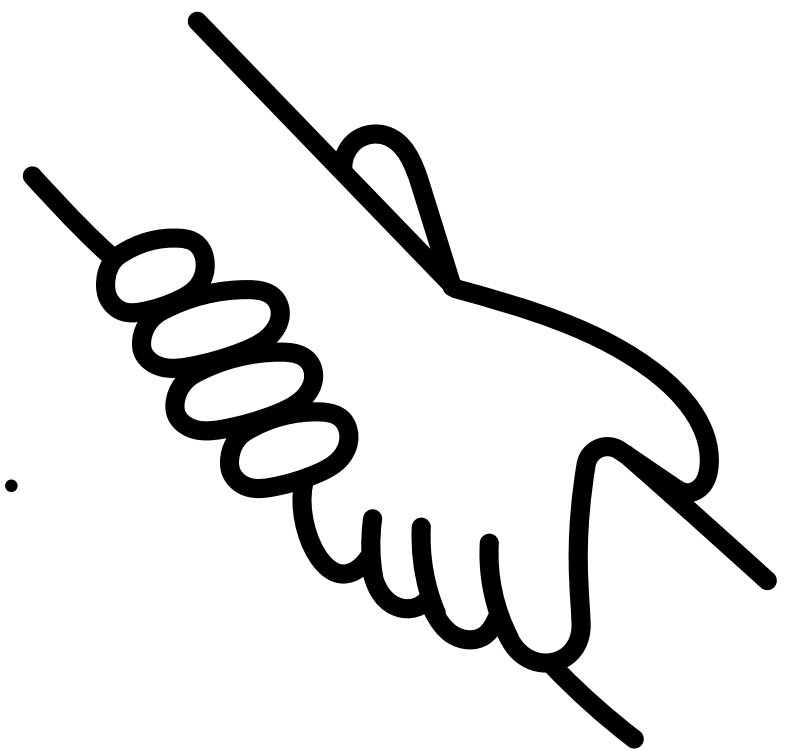
Find out more: www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery.



Did you know?

If you need extra help at a GP appointment, you can ask your GP for **reasonable adjustments**.

This includes lots of different kinds of help, like longer appointments, a quieter space, wheelchair access or information in a different format (like Easy Read or British Sign Language).



Find out more: www.england.nhs.uk/learning-disabilities/improving-health/reasonable-adjustments

Did you know?

An **advocate** is a person who can listen to your needs, and help you make them known.

They can be helpful if you need help understanding your rights so you can make important decisions, or speak up **if you aren't being listened to**.

Depending on the issue and where you live, different organisations can help you find an advocate.

Find out more: www.mind.org.uk/information-support/guides-to-support-and-services/advocacy.



Did you know?

NHS 111 is a free phone and online service for **urgent, non-life-threatening health issues**. This can include dental problems, mental health and emergency prescriptions.

You can get help by **calling 111** or **typing 111.nhs.uk** into your internet browser. This service is available 24 hours a day, 7 days a week, 365 days a year.

NHS 111 cannot issue fit notes, or make/cancel appointments for you in other parts of the NHS.

Find out more: www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111



Did you know?

If you've lost your **10-digit NHS number**, you can call your GP or refer to any letter the NHS has sent you.

You can also retrieve it on the NHS website: www.nhs.uk/nhs-services/find-nhs-number

To retrieve it you will need to enter the following information:

- Your full name
- Your date of birth
- Your GP's postcode

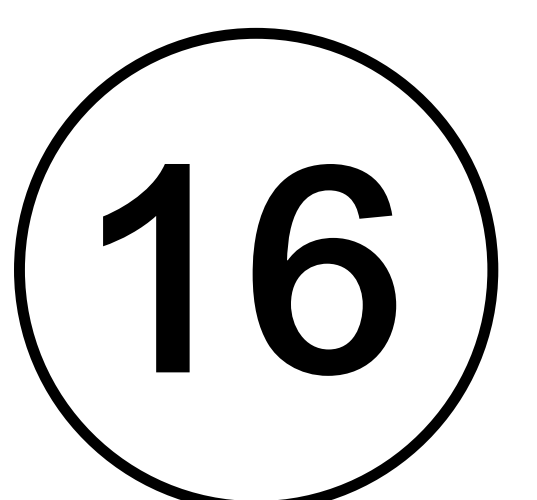
You do not need to know your NHS number to use NHS services, but it can make it easier for them to help you quickly.



Did you know?

If you are **16 or older**, you can make and go to GP appointments by yourself.

If you are **under 16**, you can still ask to see a GP without your parent or guardian. The GP will decide if that's appropriate for you.



Find out more: www.england.nhs.uk/long-read/you-and-your-general-practice-english