

# It's OK to see your GP



By phone or video consultation



For your mental health and wellbeing...



In person if needed

## CALL YOUR GP or HEALTH SERVICE

**Now more than ever,  
it's important to keep your health  
and wellbeing on track.**

Leaving home to get medical and other care is allowed.  
You may also be able to speak with your GP by phone or video.

So keep your physical and mental health on track and ring  
your GP or health service today.

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For your prescriptions, blood tests, vaccinations...



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# Keep your HEALTH on track



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consultation



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