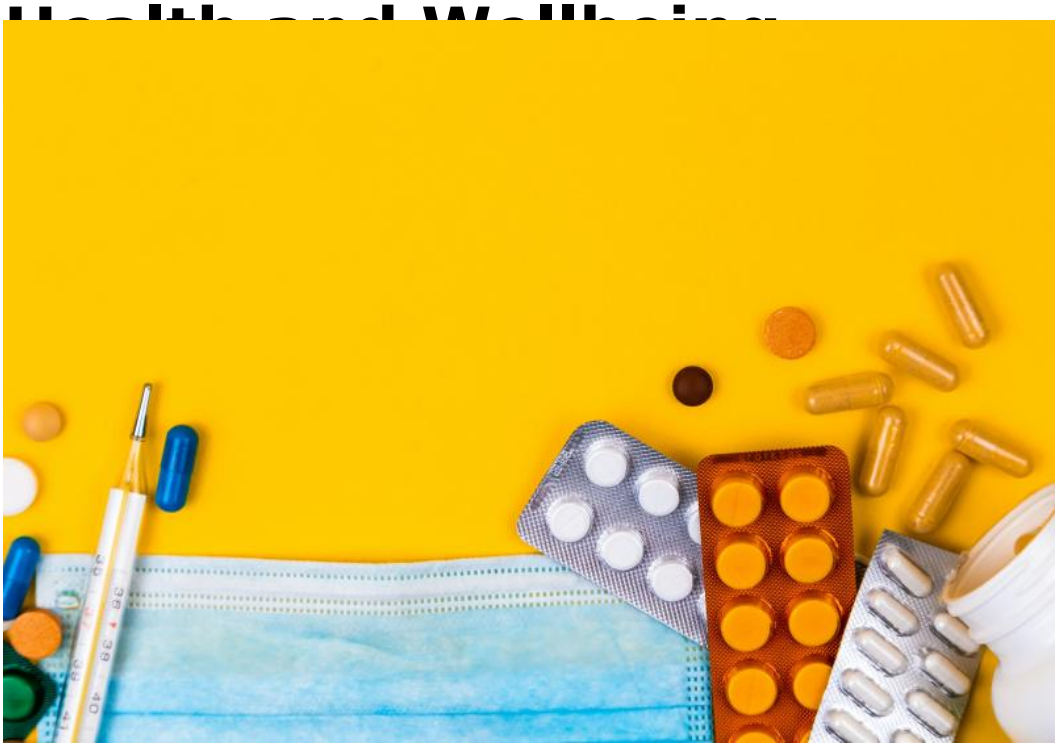
# Health and Wellbeing



***Everything you need to know about accessing medical services in Yorkshire and Humber region.***

How to use the National Health Service (NHS) - video in Cantonese

There are some good resources in Traditional Chinese, including the “Looking After Your Health” leaflet published by the North East Hongkongers Club,  and a guide to the NHS published by Doctors of the World.

You do not need proof of address or immigration status to register with a GP (a doctor or 'general practitioner') who is usually the first contact if you have a health problem. Find your local GP.

# Useful links:

## Accessing NHS services

Entitlement to Free NHS treatment

What is an NHS number?

Moved to the UK – Immunisation leaflet in Traditional Chinese.

Online health and prescription services

What is specialist (secondary) care?

What happens when you are referred by your GP to see a specialist?

Guide to NHS waiting times in England

## Emergency

NHS 111 (urgent medical problem phoneline)

Injury unit services

Accident and emergency services

## Mental Health Services

Children and young people’s mental health services, info for parents and carers

Mental health services

## Dental Care

Find an NHS dentist

Free dental care

Understanding NHS dental charges

## Opticians

Find an optician

## Maternity Care

Ultrasound scans in pregnancy

## Registering Covid-19 vaccines

Individuals can now book an appointment at one of a limited number of vaccination centres to record their vaccinations from outside of the UK. Learn more from the Moved to the UK Immunisation leaflet, and see how you can get a Covid-19 vaccine.

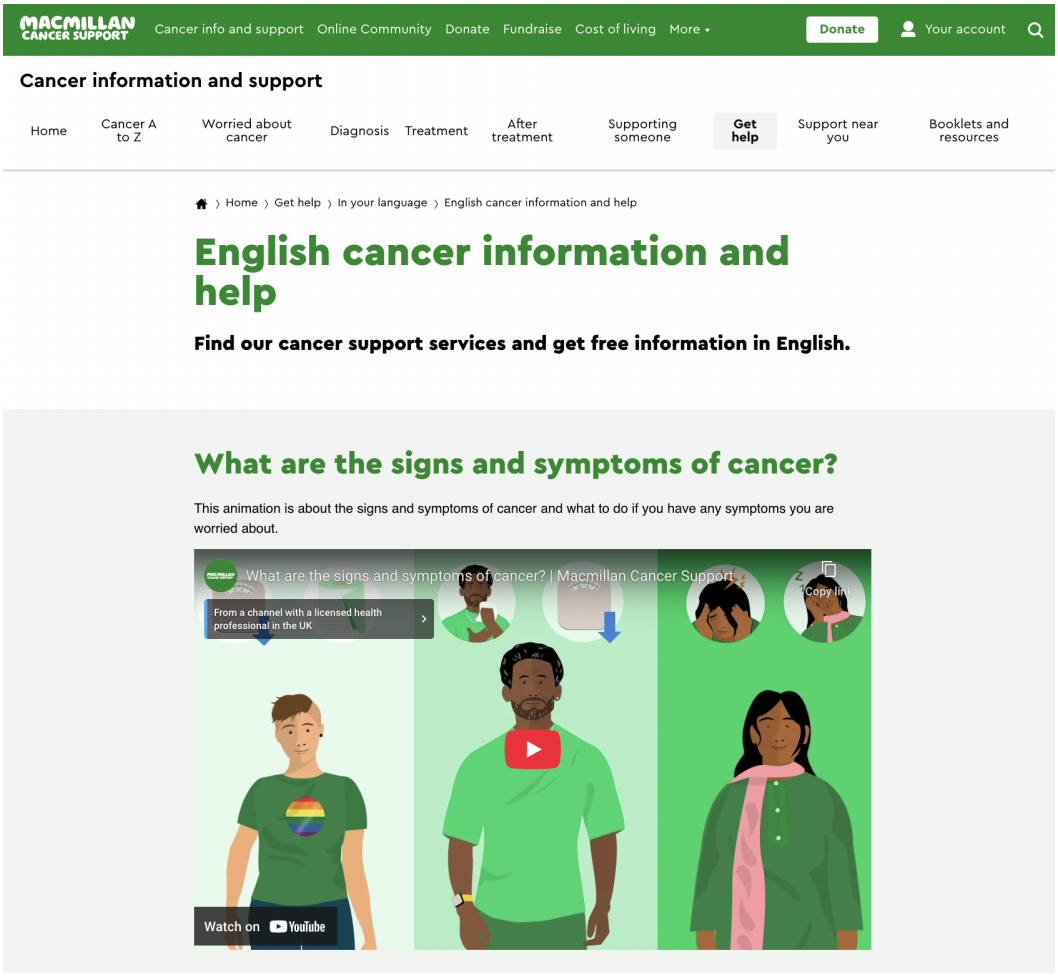
This service is only available to people who have had the following jabs:

- Moderna (Spikevax)

- Pfizer/BioNTech (Comirnaty)

## Support provided by non-governmental organisations

Macmillan Cancer Support




Macmillan's Support Line is open 8am to 8pm seven days a week. You can speak to the Macmillan Support Line team in your language. Call **0808 808 00 00** and tell them, in English, the language you need. You can also email them at informationproductionteam@macmillan.org.uk.

## Other resources

Wellbeing: Looking After Myself – wellbeing videos covering a range of issues, with the aim of equipping people to start talking about and getting help with their own health and wellbeing. The videos are in Cantonese with English subtitles.

Welcome to the UK: Youth! – videos for Hong Kong teenagers on making friends, differences between UK/HK schooling and how to cope with change.

# Drop-in session on health

Accessing health services - 1 December 2021

This event explained how to access National Health Service (NHS), including registering with a GP, obtaining NHS number, finding dental services and opticians, transferring treatment to the UK, emergencies and more.

Other drop-in sessions

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