


# KEEP WELL THIS WINTER



Looking for health advice?

Ask NHS is a new app for you, making it easier to find advice and book appointments



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Powered By SENSELY

Download Ask NHS for advice if you are feeling unwell. You can also book appointments



Not sure what to do?

Go straight to **111**

111.nhs.uk

HELP US HELP YOU  
KNOW WHAT TO DO

Want some guidance over the holiday period?

Visit [111 online](https://111.nhs.uk)

[Gastroenteritis](#)

[Bronchiolitis](#)

[Fevers](#)

[Children's Healthcare](#)

[Information for parents and carers of young children:](#)

[www.buckinghamshireccg.nhs.uk/public/your-services/feeling-unwell/children/](http://www.buckinghamshireccg.nhs.uk/public/your-services/feeling-unwell/children/)

[Head Injury](#)

[Crying and feeding issues](#)

[How to Treat your Wheeze/Asthma](#)

[Be winter ready](#)

[www.buckscc.gov.uk/services/community/ready-for-winter/](http://www.buckscc.gov.uk/services/community/ready-for-winter/)

The County Council's website to useful links to staying safe

[GP Improved Access](#)

See a GP or practice nurse or other health professional in the evening or at weekends



Discover simple steps to look after your mental health

every mind matters

- You're not alone, 1 in 4 people experience a mental health problem in a year
- Look out for your relatives, friends and colleagues as well as yourself
- If you feel someone is struggling but they say they're fine, it's best to ask again
- It's OK to talk about suicide, it could save a life

<https://www.nhs.uk/oneyou/every-mind-matters/>