



## There are some NHS services that you can refer yourself to directly without speaking to your GP team first.

Self-referral gives you greater control over your healthcare and can provide you with a quicker, more convenient way to access the care you need.

You can refer yourself to health services that do not require a health assessment to be carried out by your GP beforehand.

### Services include:

- Alcohol and drug misuse
- Sexual and reproductive health
- Mental health
- Children's health
- Continence
- Eye health
- Foot care
- Musculoskeletal physiotherapy
- Lifestyle (e.g. smoking, weight loss)
- Early help and family hub



To check if you are eligible, to refer yourself, or for more information, scan the QR code or visit

<https://notts.icb.nhs.uk/self-referral-services/>