

Practice name

HI, I'M [NAME]

Your 24/7 Digital Assistant



Patient
I need an appointment

Assistant
Can you tell me the reason for your appointment?

Patient
I've been feeling anxious and need support

Assistant
Did you know you can access self-help via **MIND**?
Or you can self-refer to a local mental health service.
Please choose from the options below.

MIND

Self-refer
to mental health

Request GP
appointment