

HI, I'M DALI

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**