



How Healthwatch helps you find the information you need – video transcript

Most of us will need to access the NHS or social care services at some point in our lives. But being sick, or needing care, can be worrying and stressful particularly when you are faced with making big decisions.

Finding the right service can be confusing, and quite often people don't know what support options are available. How can you get access to a service, or receive the right support, if you don't even know it exists?

You can find a Healthwatch in each area of England and part of our role is to provide the information and advice needed to help you make the right decisions. In times of worry, or stress, we can be there to find you the best place to go for help. Whether it's finding a NHS dentist, how to make a complaint or where to go for extra support, if we don't know the answer to your question we will be able to guide you to someone who does.

Don't struggle alone. If you can't find the right support Healthwatch is here for you.

Talk to your local Healthwatch. Go to www.healthwatch.co.uk or call 0300 683 000