

## Helping you stay up to date with the latest changes in health and care

Providing information and signposting is a key part of our role at Healthwatch Wiltshire.

The advice and information pages on our website help people to stay up to date with the latest changes in health and social care.

The latest articles include:

- Know the signs and symptoms of seasonal influenza and who is eligible for a free vaccine in our [What you need to know about flu](#) guide.
- [Learn how NHS 111 can help you get the right treatment without a wait in A&E.](#)
- [Find out more about monkeypox](#) and

who can get a vaccine.

- [How to access mental health support if you are LGBTQ+.](#)

We also offer a wide range of help and advice on other issues including:

- [Downloadable guides](#) to mental health support in Wiltshire for both children and adults – created by our young volunteers and members of our [mental health forum](#).
- Plus details of [Wiltshire advocacy services](#), if you need help and support with the complaints process.

Find out more at [healthwatchwiltshire.co.uk/advice-and-information](https://healthwatchwiltshire.co.uk/advice-and-information)

### Advice and information

[View all](#)



#### What you need to know about flu

Know the signs and symptoms of seasonal influenza (flu) and who is eligible for a free vaccine.

28 September 2022



#### Think you need to go to A&E? Learn how NHS 111 can help you

The NHS wants to make it easier and safer for patients to get the right treatment when they need it, without...

28 September 2022



#### What is monkeypox and who can get a vaccine?

Find out the signs and symptoms of monkeypox, what to do if you think you have it and who is eligible for a...

8 August 2022



#### How to access mental health support if you're lesbian, gay...

Mental health problems are more common among lesbian, gay, bisexual and transgender (LGBTQ+) people. If you...

4 July 2022