


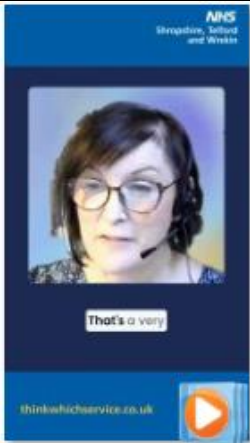


### Wednesday 12 February - Self care

Image	Alt text
 <p>Ella case study 1 - 4</p>	<p>Image 1: A girl looking unwell. Text reads: Ella had started to vomit and her parents suspect she might have Norovirus.</p> <p>Image 2: Plain background, text reads: They were able to manage her symptoms without having to leave the house.</p> <p>Image 3: Plain background, text reads: Because they stayed home, they prevented it from spreading</p> <p>Image 4: Plain background, text reads: Read Ella's story and find out how to manage Norovirus at home.</p>
 <p>First-aid kit stopmotion</p>	

### Thursday 13 February - Mental health

Image	Alt text
 <p>Need to talk</p>	<p>A man is sitting holding his phone with a sad look on his face. Text reads: Need to talk to someone?</p>



Why can our mental health get worse

### Friday 14 February - NHS 111

#### Image



NHS 111


#### Alt text

A woman wearing a call centre headset and NHS lanyard. Text reads: Need advice this winter? Think NHS 111.



Think Which Service video A&E signposting

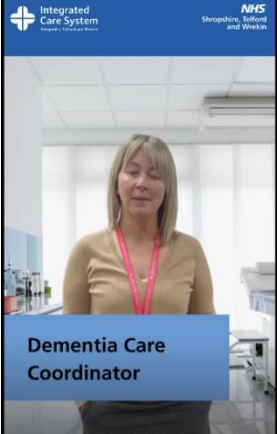

### Saturday 15 February - Pharmacy

Image	Alt text
 <p>Tia pharmacy case study 1 - 4</p>	<p>Image 1: A woman looking uncomfortable. Text reads: Tia felt like she had a Urinary Tract Infection.</p> <p>Image 2: Plain background, text reads: But knew her local pharmacy could give her advice and treatment.</p> <p>Image 3: Plain background, text reads: She didn't have to wait for a GP appointment as the pharmacist was trained to help.</p> <p>Image 4: Plain background, text reads: Read Tia's story and find out which services your pharmacy offers.</p>





Think Which Service video pharmacy

Sunday 16 February - GP

Image	Alt text
 <p data-bbox="206 770 595 836">GP extended healthcare team video</p>	
 <p data-bbox="206 1155 640 1189">Extended healthcare team graphic</p>	<p data-bbox="674 842 1973 959">A female GP wearing light blue scrubs. Text reads: This winter, Think Which Service to use for the right help, fast. GPs aren't always the most suitable person for every health issue. Think GP Extended Healthcare Teams for specialised care.</p>

## Monday 17 February - MIU

Image	Alt text
 <p>Oli MIU case study 1 - 4</p>	<p>Image 1: A man with his right arm in a sling. Plain background, text reads: Oli sprained his arm before half-time.</p> <p>Image 2: Plain background, text reads: But was treated at his local Minor Injury Unit by the final whistle.</p> <p>Image 3: Plain background, text reads: Oli knew by going to a Minor Injury Unit he would avoid a long wait in A&amp;E.</p> <p>Image 4: Plain background, text reads: Read Oli's story and find out which services your Minor Injury Unit offers.</p>
 <p>What is an MIU video</p>	

Tuesday 18 February - Discharge/A&E signposting

Image	Alt text
 <p>Think Which Service video hospital discharge</p>	



A woman is being pushed in a wheelchair down a hospital corridor by a healthcare worker in light blue scrubs. They are both smiling. Text reads: Mabel is happy to be going home.

Hospital discharge - Mabel