

# Health and Wellbeing

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***Everything you need to know about accessing medical services in Yorkshire and Humber region.***

[How to use the National Health Service \(NHS\) - video in Cantonese?](#)

There are some good resources in Traditional Chinese, including the “Looking After Your Health” leaflet published by the [North East Hongkongers Club](#), and [a guide to the NHS](#) published by Doctors of the World.

You do not need proof of address or immigration status to register with a GP (a doctor or 'general practitioner') who is usually the first contact if you have a health problem. [Find your local GP.?](#)

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## Useful links:

### Accessing NHS services

[Entitlement to Free NHS treatment](#)

[What is an NHS number?](#)

[Moved to the UK – Immunisation leaflet?in Traditional Chinese.](#)

[Online health and prescription services](#)

[What is specialist \(secondary\) care?](#)

[What happens when you are referred by your GP to see a specialist?](#)

[Guide to NHS waiting times in England](#)

### Emergency

[NHS 111 \(urgent medical problem phonenumber\)](#)

[Injury unit services](#)

[Accident and emergency services](#)

## **Mental Health Services**

[Children and young people's mental health services, info for parents and carers](#)

[Mental health services](#)

## **Dental Care**

[Find an NHS dentist](#)

[Free dental care](#)

[Understanding NHS dental charges](#)

## **Opticians**

[Find an optician](#)

## **Maternity Care**

[Ultrasound scans in pregnancy](#)

## **Registering Covid-19 vaccines???**

Individuals can now book an appointment at one of a limited number of vaccination centres to record their vaccinations from outside of the UK. Learn more from the [Moved to the UK Immunisation leaflet](#), and [see how you can get a Covid-19 vaccine](#).

This service is only available to people who have had the following jobs:

- Moderna (Spikevax)?

- Pfizer/BioNTech (Comirnaty)?

# Support provided by non-governmental organisations

## Barnardo's Boloh Helpline??

'The Boloh Helpline' offers emotional support and six free sessions of psychotherapy delivered by qualified Barnardo's therapists. These sessions can take place remotely via telephone or online at a time that works for you.?

Contact: 08001512605 or email [boloh.helpline@barnardos.org.uk](mailto:boloh.helpline@barnardos.org.uk)?

Open: Mondays – Fridays 10am-8pm; and Saturdays 10-3pm?

Language: English (Cantonese interpreter can be requested)?

## Hong Kong Well UK

Hong Kong Well UK CIC provides fully-subsidised advisory and counseling services for children and parents migrated from Hong Kong to England under the BN(O) Visa scheme.

Who can apply:

1. Hong Kong migrants under the BN(O) Visa scheme
2. Children in need aged above 16 and below 18; or parents of children aged below 18

[Click here](#) for details

**Positive Youth Pathways** (limited to West Yorkshire only) offers support and guidance to young Hong Kongers aged 17-21 residing in West Yorkshire. This programme aims to facilitate their understanding of the British culture, language, and values, fostering a seamless integration into British society. In this programme, participants will gain English language skills for both living and working in the UK. This programme provides a diverse range of opportunities for personal and professional growth, including training sessions, seminars, cultural events, and heritage trips. Positive Youth Pathways is delivered by PATH Yorkshire. For further details and inquiries, please contact Josephine Leung at [josephine.leung@pathyorkshire.co.uk](mailto:josephine.leung@pathyorkshire.co.uk) or call 07310094533. PDF leaflet [here](#)

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## Other resources

Wellbeing: Looking After Myself – wellbeing videos covering a range of issues, with the aim of equipping people to start talking about and getting help with their own health and wellbeing. The videos are in Cantonese with English subtitles.

Welcome to the UK: Youth! – videos for Hong Kong teenagers on making friends, differences between UK/HK schooling and how to cope with change.

## **Drop-in session on health**

Accessing health services - 1 December 2021

This event explained how to access National Health Service (NHS), including registering with a GP, obtaining NHS number, finding dental services and opticians, transferring treatment to the UK, emergencies and more.

Other drop-in sessions

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## **Contact us - Hong Kong Hub**

You can contact us in English or Traditional Chinese/Cantonese.

Find out how we look after your data here:

<https://www.migrationyorkshire.org.uk/privacy-notice-enquiries-hong-kong-welcome-programme>  
[HK@migrationyorkshire.org.uk](mailto:HK@migrationyorkshire.org.uk)  
[0113 378 8188](tel:01133788188)

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