# Get winter ready

We want to encourage people to prepare for the bank holiday weekend and access NHS services responsibly.

Please see our suggested messages and assets which can be used across social media, websites and digital screens.

**SOCIAL MEDIA**

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| **Image** | **Suggested message** | **Link to include** |
| Medicine cabinet | Get ready for Christmas and New Year. 🎄  Add basic remedies to your shopping list so you can treat common illnesses and ailments at home.  More info ➡️ [Link] | [letsgetbetter.co.uk/bank-holiday](https://www.letsgetbetter.co.uk/bank-holiday/) |
| NHS 111 | For non-emergency medical advice, NHS 111 is available 24/7. ☎️  Trained medical professionals can provide guidance on the most appropriate medical care.  Find out more ➡️ [Link] | [letsgetbetter.co.uk/bank-holiday](https://www.letsgetbetter.co.uk/bank-holiday/) |
| Mental health | Whatever you might be going through, support services are available.  If you need help for a mental health crisis or emergency, get expert advice and assessment.  More info ➡️ [Link] | [letsgetbetter.co.uk/bank-holiday](https://www.letsgetbetter.co.uk/bank-holiday/) |
| Dental emergency | Access an NHS dentist out-of-hours or in an emergency. 🦷  NHS 111 can provide advice and arrange an appointment if you need urgent treatment.  Find out more ➡️ [Link] | [letsgetbetter.co.uk/bank-holiday](https://www.letsgetbetter.co.uk/bank-holiday/) |
| Repeat prescription | Get ready for the festive period. ⛄  Pharmacy processing times may be slightly longer at this time of year. Don’t delay ordering or collecting repeat prescriptions.  Find out more ➡️ [LINK] | [letsgetbetter.co.uk/bank-holiday](https://www.letsgetbetter.co.uk/bank-holiday/) |
| 999 | In a life-threatening emergency, do not hesitate to call 999 or go to the nearest A&E.  If you're not sure what to do, NHS 111 can help.  More info ➡️ [LINK] | [letsgetbetter.co.uk/bank-holiday](https://www.letsgetbetter.co.uk/bank-holiday/) |
| NHS App | Get winter ready. ❄️  Use the NHS App to book appointments, order repeat prescriptions, access 111 and more.  Download now ➡️ [LINK] | [letsgetbetter.co.uk/bank-holiday](https://www.letsgetbetter.co.uk/bank-holiday/) |