Signposting and self-referral links on NHS GP websites help people find the right healthcare services quickly.

Signposting shows where to go for help, like community services or special care at the GP. Self-referral links let patients **get help directly**, like for physiotherapy or mental health support, without needing to see a GP first.

This makes it easier for everyone to get the care they need and helps doctors have more time for other patients.

All this information is on our website [**www.shireshealthcare.co.uk**](http://www.shireshealthcare.co.uk) We will update the links as we find more local services – please let us know if you know of a service which will help our community!

Have a Smartphone? Scan the QR Code below to view our page direct: