

NHS Choices

[Back to results](#)

NHS Choices website helps you take control of your health and wellbeing.

[Health A-Z](#) provides a complete guide to conditions, symptoms and treatments, including what to do and when to get help.

[Medicines A-Z](#) provides information on how your medicine works, how and when to take it, possible side effects and answers to your common questions.

[NHS Services](#) enables you to find the service you need and book appointments online.

[Healthy living](#) gives advice, tips and tools to help you make the best choices about losing weight, eating well, help with stress, anxiety and depression, exercise.

[Moodzone](#) offers practical advice, information and guidance to boost mental health, self directed help, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

Who to contact

Website [NHS Choices](#)

Costs

Other Costs Free