Learn how to look after your health this term, with a little help from the NHS Direct Wales website

Feeling unwell?
Use our symptom-checkers to find out what to do or where to go

Need to find a GP, dentist or chemist nearby?
Search our local services directory

Want information on an illness, treatment or condition?
Look it up in our A-Z encyclopaedia or send your question to our Online Enquiry Service

The NHS Direct Wales website is available on your phone, tablet, laptop, mac & PC

www.nhsdirect.wales.nhs.uk