



NHS Choices

We offer a comprehensive information service that helps to put you in control of your healthcare.

Our service is intended to help you make choices about your health, from lifestyle decisions about things like smoking, drinking and exercise, through to the practical aspects of finding and using NHS services in England when you need them.

Please visit the NHS Choices website and search for health services in your area.

Who to contact

Website [NHS Choices](#)

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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