

On a waiting list? What can help?

If you're waiting to see a healthcare specialist or to get health and social care services, taking positive steps now to look after your health and wellbeing can help you to:

- **Ease** some of your symptoms
- **Manage** or improve your health
- **Stop** new problems from starting
- **Improve** your health before your treatment – this may help you to recover faster



It can be difficult to know where to access support whilst you are waiting. Find out more about how to look after your health and wellbeing by visiting the Waiting well hub at www.nhsinform.scot/waiting-well, scanning this QR code or speaking with your healthcare specialist.

