

# Contact your GP online

Get in touch with your GP online for a quick, easy way to get the help you need.

- ✓ Make requests in your own time
- ✓ Avoid telephone queues
- ✓ Instantly access NHS self-help resources
- ✓ Available on the **NHS** App



1 Send a request into your GP practice



2 Your GP works out how best to help



3 You will be contacted soon

Visit your GP Practice's website or the NHS App  
and send a non-urgent query into your practice.

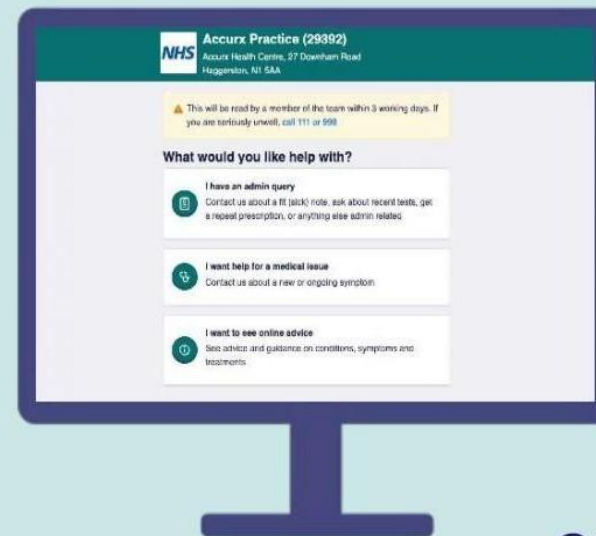
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# We're now using **Patient Triage** for online consultation

This means if you have a non urgent admin or medical query, you can contact the practice online!

## How do I use Patient Triage?

- Open the link from our practice website  
*(There's no need to download an app or create an account!)*
- Select either admin or medical request
- Confirm this is a non urgent request
- Write the request to the practice, giving as much information as possible
- Tell the practice how you want to be contacted
- Enter your details
- Press submit!



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