

# Waiting List Support Service



Waiting Well –  
Optimising Your  
Route to Treatment



GIG  
CYMRU  
NHS  
WALES

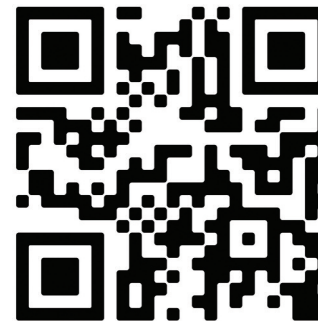
Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

Maintaining or improving your physical and mental health and wellbeing whilst you await your treatment or procedure is important.



The Waiting List Support Service provides you with a single point of contact for advice, support and guidance.

For further  
information  
scan here



## How Can the Waiting List Support Service Help?

- Review your situation and discuss 'What Matters' to establish if there is any additional support that could help you maintain your quality of life and independence.
- Signpost and support referral to other healthcare services e.g. Physiotherapy, Occupational Therapy, Expert Patient Programme, Specialist Nurses, Smoking Cessation.
- Signpost and support referral to community-based services e.g. Care & Repair, Delta Wellbeing, Dewis Cymru.
- Support you to take control over your condition whilst awaiting your treatment.
- Provide reassurance.
- Advise on what you can do if your symptoms deteriorate.



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Monday to Friday 9am to 5pm