

# Accessing healthcare in the UK as a migrant

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## How do I access healthcare?

- Most healthcare is provided by the National Health Service (NHS), which is usually free to access for people resident in the UK.
- You have the right to an interpreter at every stage of your healthcare journey.
- **General practitioner (GP)** is your first point of contact for medical coordination, physical and mental health advice, longer-term support, prescriptions, and referrals to hospital specialists. GPs are medical doctors. It is best to register with a GP practice in your area.
- You can call the 24-hour free NHS phone line (dial 111) for advice in various languages: [www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111](http://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111)



[when to use NHS 111](#) 

 [browser search words to use](#)

- You can access some health services such as mental health support, family planning, pregnancy, or child health support in the community.
- You can use walk-in centers for urgent care (e.g. minor injuries) and emergency services for life-threatening situations.
- For dentists and opticians, you are likely to use independent providers. Note that charges apply for many services. Call the NHS 111 line, for urgent dental care.

## How do I find a GP?

You can find a GP practice and check if they are currently accepting new patients online:

- England: [www.nhs.uk/service-search/find-a-gp](http://www.nhs.uk/service-search/find-a-gp)
- Scotland: [www.nhsinform.scot/scotlands-service-directory/gp-practices](http://www.nhsinform.scot/scotlands-service-directory/gp-practices)
- Wales: [www.wales.nhs.uk/ourservices/directory/postcodesearch](http://www.wales.nhs.uk/ourservices/directory/postcodesearch)
- Northern Ireland: [www.nidirect.gov.uk/services/gp-practices](http://www.nidirect.gov.uk/services/gp-practices)

[find a GP England](#) 

[find a GP Scotland](#) 

[find a GP Wales](#) 

[find a GP Northern Ireland](#) 

 [browser search words to use](#)

## Do I need any documents to register with a GP?

No. You do **not** need identification, immigration status or proof of address to register with a GP. Everyone has the right to register, and GP practices should not turn people away due to lack of these documents. You can use these ready-made **access cards** to encourage registration: [www.doctorsoftheworld.org.uk/gp-access-cards](http://www.doctorsoftheworld.org.uk/gp-access-cards) If your closest GP is currently not accepting new patients, you can try alternative practices nearby.

[GP access card UK](#)



[browser search words to use](#)

## Do I have to speak English to see a GP?

No. You have the right to an interpreter at every stage of your healthcare journey. NHS are legally responsible to provide an interpreter if you request one.

## Where can I find information in my language?

- NHS Inform » health factsheets in 25+ languages:  
[www.nhsinform.scot/translations](http://www.nhsinform.scot/translations)
- Doctors of the World » information in 65+ languages  
(note that you must select your language of choice for resources to display):  
[www.doctorsoftheworld.org.uk/translated-health-information](http://www.doctorsoftheworld.org.uk/translated-health-information)

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[www.migrantessentialworkers.com](http://www.migrantessentialworkers.com)