

A close-up photograph of the front of a yellow and orange ambulance. A white sign with red text reads 'STOP AND THINK'. The ambulance is parked on a street, and its reflection is visible in the wet pavement.

STOP AND THINK

**Is A&E the
best place
for me?**

**If you become ill or get injured,
help us to help you, so that you can
be treated in the right place, at the
right time, by the right people.**

**Find out by visiting
www.leeds.nhs.uk/isitforme**

A red speech bubble with a white outline and a small tail pointing downwards. Inside the bubble, the text 'Is A&E the best place? for me' is written in white, with a large question mark at the end.

**Is A&E the
best place?
for me**