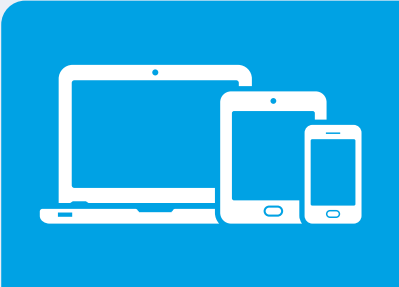


Get the **Right Care** in the **Right Place**



NHS inform includes self-help guides for a range of common conditions: [NHSinform.scot/self-help-guides](https://www.nhs.uk/healthcare-professionals/self-help-guides)
If you think you need A&E, but it's not life threatening, call NHS 24 on ☎ **111**. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on ☎ **111**.

NHS 24



- Colds
- Cold sores
- Sore throat
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of your repeat prescription

Pharmacist



Contact your GP Practice
NHS 24 on ☎ **111**, 24/7, 365 days a year
Breathing Space: ☎ **0800 83 85 87**
Weekdays: Monday - Thursday 6pm to 2am
Weekend: Friday 6pm to Monday 6am

Mental Well-being



- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene

Dentist



- Red or sticky eye
- Pain in or around your eye
- Blurred or reduced vision
- Flashes and floaters

Optometrist



A range of clinicians, including doctors nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues

GP Practice



- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures

Minor Injuries Unit



- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

A&E or 999

If you are unsure about where to go or who to see, find out at:
[🌐 NHSinform.scot/right-care](https://www.nhs.uk/healthcare-professionals/right-care)