

We'll Keep You Right	我們會提供合適指示
NHS 24	NHS 24
NHS 24's health information service includes self-help guides for a range of common conditions. <a href="http://www.nhsinform.scot/self-help-guides">www.nhsinform.scot/self-help-guides</a> When your GP and local pharmacy are closed, and you are too ill to wait, call 111.	NHS 24 的健康資訊服務包含多種常見病症的自助指引。 <a href="http://www.nhsinform.scot/self-help-guides">www.nhsinform.scot/self-help-guides</a> 如果您的 GP 和本地藥房已關門，而您感到非常不適並且無法再等候，請致電 111。
Pharmacist	藥劑師
<ul style="list-style-type: none"> <li>• Coughs and colds</li> <li>• Sore throat</li> <li>• Diarrhoea or constipation</li> <li>• Indigestion</li> <li>• Aches and pains</li> <li>• Help if you run out of your repeat prescription</li> </ul>	<ul style="list-style-type: none"> <li>• 咳嗽和傷風</li> <li>• 喉嚨痛</li> <li>• 腹瀉或便秘</li> <li>• 消化不良</li> <li>• 痛症</li> <li>• 在您服完重複處方藥物時提供協助</li> </ul>
Mental Well-being	精神健康
Breathing space 0800 83 85 87 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a>	Breathing space 0800 83 85 87 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a>
Samaritans 116 123 <a href="http://www.samaritans.org">www.samaritans.org</a>	Samaritans (撒瑪利亞會) 116 123 <a href="http://www.samaritans.org">www.samaritans.org</a>
Dentist	牙醫
<ul style="list-style-type: none"> <li>• Tooth pain</li> <li>• Swelling to your mouth</li> <li>• Painful or bleeding gums</li> <li>• Injury to your mouth</li> <li>• Advice on oral hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• 牙痛</li> <li>• 口腔腫脹</li> <li>• 牙肉疼痛或出血</li> <li>• 口腔受傷</li> <li>• 有關口腔衛生的建議</li> </ul>
Optometrist	視光師
<ul style="list-style-type: none"> <li>• Red or sticky eye</li> <li>• Pain in or around your eye</li> <li>• Blurred or reduced vision</li> <li>• Flashes and floaters</li> </ul>	<ul style="list-style-type: none"> <li>• 紅眼或眼睛有黏液</li> <li>• 眼睛或眼睛周圍疼痛</li> <li>• 視力模糊或減弱</li> <li>• 閃光和飛蚊症</li> </ul>
GP Surgery	GP 診所
A range of clinicians, including doctors and nurses to help you with both physical and mental health issues	包括醫生和護士的多種醫護人員，會幫助您處理身體和精神健康問題
Minor Injuries Unit	輕微創傷部
<ul style="list-style-type: none"> <li>• Cuts and minor burns</li> <li>• Sprains and strains</li> <li>• Suspected broken bones and fractures</li> </ul>	<ul style="list-style-type: none"> <li>• 割傷和輕微燒傷</li> <li>• 扭傷和拉傷</li> <li>• 懷疑斷骨和骨折</li> </ul>
999 or A&E	999 或急症室
<ul style="list-style-type: none"> <li>• Suspected heart attack or stroke</li> <li>• Breathing difficulties</li> <li>• Severe bleeding</li> </ul>	<ul style="list-style-type: none"> <li>• 懷疑心臟病發或中風</li> <li>• 呼吸困難</li> <li>• 嚴重出血</li> </ul>
If you're not sure where to go or who to see, visit: NHSinform.scot	如果您不確定應該到哪個部門或哪裡求診，請瀏覽： NHSinform.scot