

We'll Keep You Right



NHS 24's health information service includes self-help guides for a range of common conditions. Visit: nhsinform.scot/self-help-guides

NHS 24

When your GP and local pharmacy are closed, and you are too ill to wait, call: 111.



- Coughs, colds and sore throats
- Diarrhoea or constipation
- Urinary tract infection
- Indigestion
- Aches and pains
- Impetigo
- Help if you run out of your repeat prescription

Pharmacist



Breathing Space
0800 83 85 87
breathingspace.scot

Samaritans
116 123
samaritans.org

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 and nurses to help you with both physical and mental health issues.

GP Practice



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

Minor Injuries Unit



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

A&E or 999



If you're not sure where to go or who to see visit:

NHSinform.scot

