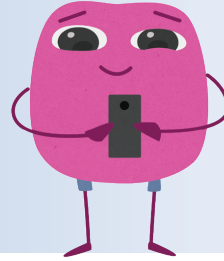


We'll Keep You Right



	<p>NHS 24's health information service includes self-help guides for a range of common conditions. Visit: nhsinform.scot/self-help-guides</p> <p>When your GP and local pharmacy are closed, and you are too ill to wait, call: 111.</p>	<p>NHS 24</p>
	<ul style="list-style-type: none"> • 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 	<p>Pharmacist</p>
	<p>Breathing Space 0800 83 85 87 breathingspace.scot</p> <p>Samaritans 116 123 samaritans.org</p>	<p>Mental Well-being</p>
	<ul style="list-style-type: none"> • Tooth pain • Swelling to your mouth • Injury to your mouth • Painful or bleeding gums • Advice on oral hygiene 	<p>Dentist</p>
	<ul style="list-style-type: none"> • Red or sticky eye • Pain in or around your eye • Blurred or reduced vision • Flashes and floaters 	<p>Optometrist</p>
	<p>A range of clinicians, including doctors and nurses to help you with both physical and mental health issues.</p>	<p>GP Practice</p>
	<ul style="list-style-type: none"> • Cuts and minor burns • Sprains and strains • Suspected broken bones and fractures 	<p>Minor Injuries Unit</p>
	<ul style="list-style-type: none"> • Severe injury • Suspected heart attack or stroke • Breathing difficulties • Severe bleeding 	<p>A&E or 999</p>



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

NHSinform.scot