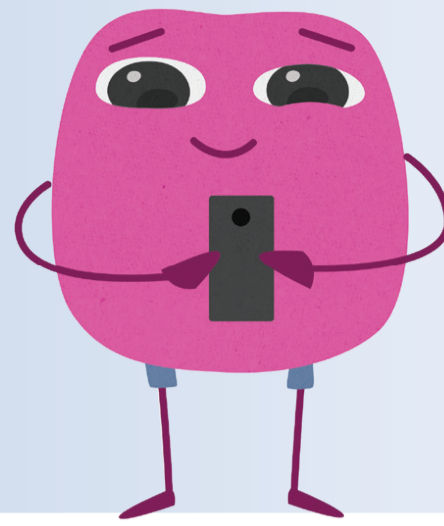


# We'll Keep You Right



NHS 24's health information service includes self-help guides for a range of common conditions.  
[www.nhsinform.scot/self-help-guides](http://www.nhsinform.scot/self-help-guides)

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

**NHS 24**



- Coughs and colds
- Sore throat
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of your repeat prescription

**Pharmacist**



Breathing space  
0800 83 85 87  
[www.breathingspace.scot](http://www.breathingspace.scot)

Samaritans  
116 123  
[www.samaritans.org](http://www.samaritans.org)

**Mental Well-being**



- Tooth pain
- Swelling to your mouth
- Painful or bleeding gums
- Injury to your mouth
- 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 Surgery**



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

**Minor Injuries Unit**



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

**999 or A&E**

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

**NHSinform.scot**