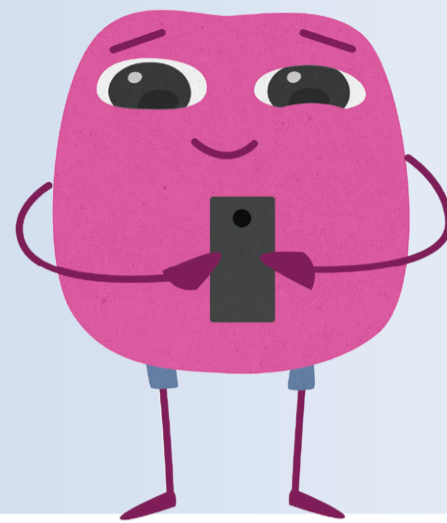


We'll Keep You Right



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

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

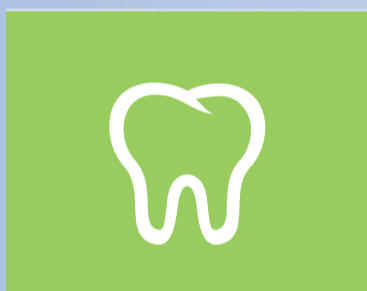
Pharmacist



Breathing space
0800 83 85 87
www.breathingspace.scot

Samaritans
116 123
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