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

NHS 24

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



- 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