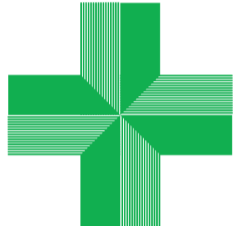




Get the Right Care in the Right Place

	<p>NHS inform includes self-help guides for a range of common conditions: NHSinform.scot/self-help-guides</p> <p>If you think you need A&E, but it's not life threatening, call NHS 24 on ☎ 111. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on ☎ 111.</p>	<p>NHS 24</p>
	<ul style="list-style-type: none"> • Colds • Cold sores • Sore throat • Diarrhoea or constipation • Indigestion • Aches and pains • Help if you run out of your repeat prescription 	<p>Pharmacist</p>
	<p>Contact your GP Practice NHS 24 on ☎ 111, 24/7, 365 days a year</p> <p>Breathing Space: ☎ 0800 83 85 87</p> <p>Weekdays: Monday - Thursday 6pm to 2am Weekend: Friday 6pm to Monday 6am</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 nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical 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"> • Suspected heart attack or stroke • Breathing difficulties • Severe bleeding 	<p>A&E or 999</p>

If you are unsure about where to go or who to see, find out at:

[NHSinform.scot/right-care](https://www.nhs.uk/infomanagement/right-care)