

# GET THE **RIGHT CARE** IN THE **RIGHT PLACE**



	<p>NHS inform includes self-help guides for a range of common conditions: <a href="https://www.nhs.uk/infomanagement/self-help-guides">NHSinform.scot/self-help-guides</a> If you think you need A&amp;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><b>NHS 24</b></p>
	<ul style="list-style-type: none"> <li>• Colds</li> <li>• Cold sores</li> <li>• Sore throat</li> <li>• Diarrhoea or constipation</li> <li>• Indigestion</li> <li>• Aches and pains</li> <li>• Help if you run out of your repeat prescription</li> </ul>	<p><b>Pharmacist</b></p>
	<p>Contact your GP Practice Call NHS 24 on 111, 24/7, 365 days a year <b>Breathing Space: 0800 83 85 87</b> Weekdays: Monday - Thursday 6pm to 2am Weekend: Friday 6pm - Monday 6am</p>	<p><b>Mental Well-being</b></p>
	<ul style="list-style-type: none"> <li>• Tooth pain</li> <li>• Swelling to your mouth</li> <li>• Injury to your mouth</li> <li>• Painful or bleeding gums</li> <li>• Advice on oral hygiene</li> </ul>	<p><b>Dentist</b></p>
	<ul style="list-style-type: none"> <li>• Red or sticky eye</li> <li>• Pain in or around your eye</li> <li>• Blurred or reduced vision</li> <li>• Flashes and floaters</li> </ul>	<p><b>Optometrist</b></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><b>GP Practice</b></p>
	<ul style="list-style-type: none"> <li>• Cuts and minor burns</li> <li>• Sprains and strains</li> <li>• Suspected broken bones and fractures</li> </ul>	<p><b>Minor Injuries Unit</b></p>
	<ul style="list-style-type: none"> <li>• Suspected heart attack or stroke</li> <li>• Breathing difficulties</li> <li>• Severe bleeding</li> </ul>	<p><b>A&amp;E or 999</b></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)**