

# Right Care Right Place



## NHS inform

- Check your symptoms
- Find local services and opening times
- Health advice to help you stay well

## NHS 24 Online App

A handy app to help you check your symptoms and find your nearest service



## Pharmacist

- Coughs, colds, and sore throats
- Aches, pains and UTIs
- Diarrhoea or constipation
- Help if you run out of your repeat prescription

## Mental Wellbeing

- Help for mental wellbeing: [nhsinform.scot/mind-to-mind](https://nhsinform.scot/mind-to-mind)
- Breathing Space: 0800 83 85 87
- For urgent mental healthcare call NHS 24 on 111



## Optometrist

- Red and/or sticky eye
- Blurred or reduced vision
- Flashes and floaters

## Dentist

- Injury to mouth or teeth
- Swelling in mouth
- Toothache and general dental advice



## GP Practice

A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues

## Minor Injuries Unit

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



## NHS 24

When your GP and pharmacy are closed, and you are too ill to wait call NHS 24 on 111

## 999 or A&E

For emergencies including:

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



If you think you need to attend A&E, but it is not life or limb threatening call NHS 24 on 111

To check your symptoms visit: [nhsinform.scot](https://nhsinform.scot)