

Guide to Services



At www.nhsinform.scot you'll find information, care guides and symptom checkers.

NHS inform



Phone **111** for urgent care that cannot wait for your GP or Dental Practice to reopen.

NHS 24 call handlers can help with self-care advice or refer you to your local health services if you need more help. This includes A&E and minor injuries units.

111

- If you need to go to A&E but its not life or limb threatening
- If you need to visit a Minor Injuries Unit (MIU) for cuts, sprains or burns



- Colds
- Cold sores
- Sore throat
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of repeat prescriptions

Pharmacist



Breathing Space: 0800 83 85 87

Weekdays: Monday - Thursday
6pm to 2am

Weekend: Friday 6pm - Monday 6am

For urgent mental health support call 111

Mental Well-being



- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene

Dentist



- Red or sticky eye
- Pain in or around your eye
- Blurred or reduced vision
- Flashes and floaters

Optometrist



- Doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.

GP practice



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

Minor Injuries Unit



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

A&E or 999