

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
- 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

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



call NHS 24 on 111



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