

# ACCESSING THE RIGHT CARE FROM THE RIGHT PLACE



	<p><b>NHS 24</b></p> <p>NHS inform includes self-help guides for a range of common conditions. NHSinform.scot/self-help-guides. If you have a non-life threatening condition for which you would previously have visited A&amp;E, you should now first call NHS 24 on 111 or contact your General Practice.</p>
	<p><b>Community Pharmacy</b></p> <p>Your local pharmacy should be your first stop for common conditions such as:</p> <ul style="list-style-type: none"> <li>• Colds</li> <li>• Sore throat</li> <li>• Indigestion</li> <li>• Cold sores</li> <li>• Diarrhoea</li> <li>• Aches and pains</li> </ul> <p>Your pharmacy can also help if you run out of your repeat prescription.</p>
	<p><b>Mental Health Support</b></p> <p>For help with your mental health and wellbeing:          Call NHS 24 on 111, 24/7, 365 days a year.          Breathing Space: 0800 83 85 87          Weekdays: Monday - Thursday 6pm to 2am          Weekends: Friday 6pm - Monday 6am</p>
	<p><b>Dentist</b></p> <p>Contact your dental practice if you have:</p> <ul style="list-style-type: none"> <li>• Tooth pain</li> <li>• Painful or bleeding gums</li> <li>• Swelling to your mouth</li> <li>• Injury to your mouth</li> </ul> <p>Your dental practice can also give advice on oral hygiene.</p>
	<p><b>Optometrist</b></p> <p>The majority of eye conditions can be managed by your local optometrist (optician), including:</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>General Practice</b></p> <p>Your General Practice has a range of clinicians to help with both mental and physical health conditions. You may be offered a face-to-face, telephone or video consultation, as clinically appropriate.</p>
	<p><b>Minor Injuries Unit</b></p> <p>You may be asked to attend your local Minor Injuries Unit for non-life threatening but painful injuries such as:</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>A&amp;E or 999</b></p> <p>Your local A&amp;E is for emergencies such as:</p> <ul style="list-style-type: none"> <li>• Suspected heart attack or stroke</li> <li>• Breathing difficulties</li> <li>• Severe bleeding</li> </ul>

If you are unsure about where to go or who to see, find out at: [NHSinform.scot/right-care](https://nhsinform.scot/right-care)