



- coughs and colds
- sore throat
- indigestion
- diarrhoea or constipation
- aches and pains
- help if you run out of your repeat prescription

Pharmacist (self care)



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

GP Surgery



- tooth pain
- swelling to your mouth
- painful or bleeding gums
- injury to your mouth
- advice on oral hygiene

Dentist



NHS 24's health information service includes self-help guides for a range of common conditions.

www.nhsinform.scot/self-help-guides

When your GP and local pharmacy are closed, and you are too ill to wait, call 111

NHS 24



- **Breathing Space**
0800 83 85 87
www.breathingspace.scot
- **Choose Life**
www.chooselife.net

Mental well-being



- cuts and minor burns
- sprains and strains
- suspected broken bones and fractures

Minor Injuries Unit



- suspected heart attack or stroke
- breathing difficulties
- severe bleeding

999 or A&E