# We’ll Keep You Right


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

## NHS 24

- Coughs and colds
- Sore throat
- Diarrhoea or constipation

## Pharmacist

- Indigestion
- Aches and pains
- Help if you run out of your repeat prescription

## Mental Well-being

- Breathing space
  - 0800 83 85 87
  - www.breathingspace.scot
- Samaritans
  - 116 123
  - www.samaritans.org

## Dentist

- Tooth pain
- Swelling to your mouth
- Painful or bleeding gums

## Optometrist

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

## GP Surgery

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

## 999 or A&E

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

If you’re not sure where to go or who to see visit: [NHSinform.scot](http://www.nhsinform.scot)