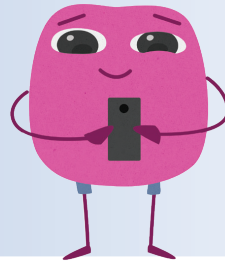


We'll Keep You Right



	<p>NHS 24's health information service includes self-help guides for a range of common conditions. www.nhsinform.scot/self-help-guides</p> <p>When your GP and local pharmacy are closed, and you are too ill to wait, call 111.</p>	NHS 24
	<ul style="list-style-type: none">• Coughs and colds• Sore throat• Diarrhoea or constipation• Indigestion• Aches and pains• Help if you run out of your repeat prescription	Pharmacist
	<p>Breathing space 0800 83 85 87 www.breathingspace.scot</p> <p>Samaritans 116 123 www.samaritans.org</p>	Mental Well-being
	<ul style="list-style-type: none">• Tooth pain• Swelling to your mouth• Painful or bleeding gums• Injury to your mouth• Advice on oral hygiene	Dentist
	<ul style="list-style-type: none">• Red or sticky eye• Pain in or around your eye• Blurred or reduced vision• Flashes and floaters	Optometrist
	<p>A range of clinicians, including doctors and nurses to help you with both physical and mental health issues.</p>	GP Surgery
	<ul style="list-style-type: none">• Cuts and minor burns• Sprains and strains• Suspected broken bones and fractures	Minor Injuries Unit
	<ul style="list-style-type: none">• Suspected heart attack or stroke• Breathing difficulties• Severe bleeding	999 or A&E

If you're not sure where to go or who to see visit:

NHSinform.scot