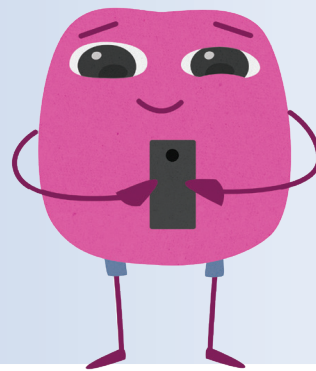


# We'll Keep You Right



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

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

**NHSinform.scot**