

ACCESSING THE RIGHT CARE FROM THE RIGHT PLACE



	NHS 24	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&E, you should now first call NHS 24 on 111 or contact your General Practice.
	Community Pharmacy	Your local pharmacy should be your first stop for common conditions such as: <ul style="list-style-type: none">• Colds• Sore throat• Indigestion• Cold sores• Diarrhoea• Aches and pains Your pharmacy can also help if you run out of your repeat prescription.
	Mental Health Support	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
	Dentist	Contact your dental practice if you have: <ul style="list-style-type: none">• Tooth pain• Painful or bleeding gums• Swelling to your mouth• Injury to your mouth Your dental practice can also give advice on oral hygiene.
	Optometrist	The majority of eye conditions can be managed by your local optometrist (optician), including: <ul style="list-style-type: none">• Red or sticky eye• Blurred or reduced vision• Pain in or around your eye• Flashes and floaters
	General Practice	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.
	Minor Injuries Unit	You may be asked to attend your local Minor Injuries Unit for non-life threatening but painful injuries such as: <ul style="list-style-type: none">• Cuts and minor burns• Sprains and strains• Suspected broken bones and fractures
	A&E or 999	Your local A&E is for emergencies such as: <ul style="list-style-type: none">• Suspected heart attack or stroke• Breathing difficulties• Severe bleeding

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