

ONLY GO TO **A&E** IF YOU NEED URGENT MEDICAL CARE FOR A **CRITICAL EMERGENCY**

	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 which is not urgent, you should 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: • Colds • Cold sores • Sore throat • Diarrhoea • Indigestion • Aches and pains Your pharmacy can also help you stay on top of your repeat prescription.
	Mental Health Support	If you're feeling anxious, stressed or low - find out how you can improve your mental wellbeing at nhsinform.scot/mind-to-mind For urgent help and advice about your mental health and wellbeing: Call NHS 24 on 111, 24/7, 365 days a year. Breathing Space: 0800 83 85 87 - Mon – Thur 6pm to 2am; Fri 6pm – Mon 6am
	Dentist	Contact your dental practice if you have: • Tooth pain • Swelling to your mouth • Painful or bleeding gums Your dental practice can also give advice on oral hygiene.
	Optometrist	The majority of eye conditions can be managed by your local optometry practice (opticians), including: • Red or sticky eye • Pain in or around your eye • Blurred or reduced vision • Flashes and floaters NHS eye examinations are free of charge in Scotland. Some people may also be entitled to an NHS optical voucher to help towards the cost of glasses and contact lenses. To check your eligibility, visit NHS Inform.
	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: • 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: • 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://nhsinform.scot/right-care)