

Choose the right service!

Community Connectors



- Feeling isolated, lonely or lack confidence
- Support to link with groups and activities
- Increase your social interaction by calling **01475 728628**



Community Link Workers (CLW)



- Feelings of stress?
- Experiencing issues affecting your mental health or wellbeing?
- Contact your CLW at your GP practice



Self Care NHS Inform



- Need health advice, guidance or information
- Access self help guides
- Telephone **0800 22 44 88** or visit nhsinform.scot



Social Care



- Benefits advice/money worries call Advice First **01475 715299**
- Support people to live independently
- Assessment for personal/practical support
- Phone Access First 01475 714646



Physiotherapy



- Advice on muscle, joint or back pain visit nhsinform.scot
- 14 yrs+ can self-refer to physiotherapy for further help
- Forms available in GP practices/physio departments



Pharmacy First



- Pain relief/cough/colds/skin problems/cystitis (females 16-65)
- Emergency contraception/stop smoking
- Contact your local pharmacy



NHS 24 Call 111



- Urgent care advice day or night
- Health/dental support when GP practice/dentist is closed
- You think you need A&E but it's not life threatening
- Call **111** or visit nhs24.scot



Optician Services



- Experience sudden loss or changes in vision
- Have sore, irritated, red, sticky or watery eyes
- Contact your local optician



Dental Services



- Pain in mouth, jaws or gums
- Facial swelling or bleeding from mouth
- Contact your local dentist



GP (Doctor) Team



- An illness or injury that won't go away
- Monitoring and management of ongoing conditions
- Contact your GP practice

