Choose the right service!



NHS 24 - Call 111

USEFUL INFORMATION



Information:

Outwith normal working hours, Patients can contact NHS 24 if they are too ill to wait until services reopen.

If a patient is unsure of a symptom or is looking for immediate advice they can contact NHS 24



The patient will speak to a call handler first; they may then put the patient through to a health professional to talk about their symptoms to determine the best help available.

NHS 24 is designed to help you get the right care, from the right people, at the right time.

Call FREE on 111
www.nhs24.com





www.nhsinform.scot

What you'll find on NHS inform:

- Information about:
- Medical conditions
- Injuries
- · Tests and treatments
- Healthy living topics - such as smoking, alcohol, food and nutrition and mental wellbeing
- Health news and events
- · National health campaigns
- Services provided by GPs, pharmacies and dental surgeries in Scotland
- Your rights when using these services



We also have a number of interactive tools:

Self-help guides for common illnesses and injuries.

A National Services Directory

containing hundreds of support groups and thousands of NHS services in Scotland.

Info for Me tool that helps you to gather, save, publish and share your own health information.

How to contact us - www.nhsinform.scot

If you can't find what you are looking for:

Phone our helpline on 0800 22 44 88

Monday to Friday, 8am to 10pm Saturday and Sunday, 9am to 5pm



Webchat with our health information team -

Ask us a question using our feedback form and someone will get back to you.

Choose the right service!



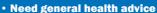
Community Connectors

Self Care

O Social Care

NHS Inform

- Affected by isolation or lacking confidence at any age?
- Increase your Social Interaction
- Connect to services, support and activities
- Telephone 01475 728628



- Minor illnesses
 Sore Throat
- Diarrhoea
 Cold / Flu
 Vomiting
- Telephone 0800 22 44 88
- www.nhsinform.scot



- Support for People at risk
- Assessment for personal / practical support
- Support to live independently
- Telephone 01475 715299







Pharmacy -

Physiotherapy

First

- Cough / Cold · Cystitis (Females 16-65)

Pain Relief • ShinglesEmergency Contraception

- Impetigo
 Stop Smoking
- · imberien · arch amoking
- Contact your local Pharmacy
- Unsure about a symptom
- Need help, can't wait until your regular NHS service re-opens
- Telephone for FREE, dial 111



Optician Services

NHS 24

Call 111

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



O Dentist Services

- · Pain in mouth, jaws or gums
- Facial swelling, 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 Practice



