

Which local service is the right one for you...?

Going directly to the person with the appropriate skills is important.

This can lead to a speedier recovery and makes sure services can help more people who need them.

SEE OVERLEAF FOR INFORMATION.

For larger print or alternative formats of this leaflet, please contact:

Your Voice, 12 Clyde Square, Greenock PA15 1NB

Telephone 01475 728628 Textphone 01475 728608

enquiries@yourvoice.org.uk www.yourvoice.org.uk

Choose the right service!

INVERCLYDE
HSCP
Health and Social
Care Partnership

The Scottish
Government
Established 1978

Your
voice

Choose the right service!



1 Community Connectors

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



1 Self Care NHS Inform

- Need general health advice
- Minor illnesses • Sore Throat
- Diarrhoea • Cold / Flu • Vomiting
- Telephone 0800 22 44 88
- www.nhsinform.scot



1 Social Care

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



1 Physiotherapy

- Advice on muscle, joint or back pain visit: [nhsinform msk zone - www.nhsinform.scot](http://nhsinform.msk.zone)
- Further help, self refer to Outpatient Physiotherapy (Adult service only). Self referrals forms available in physio depts & GP Practices.



1 Pharmacy First



- Pain Relief • Shingles
- Emergency Contraception
- Cough / Cold • Cystitis (Females 16-65)
- Impetigo • Stop Smoking
- Contact your local Pharmacy



1 NHS 24 Call 111

- Unsure about a symptom
- Need help, can't wait until your regular NHS service re-opens
- Telephone for FREE, dial 111



1 Optician Services

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



1 Dentist Services

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



1 GP (Doctor) Team

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

