

WHEN YOU'RE ILL, KNOW WHO TO TURN TO

(ALL YEAR ROUND)

CHOOSE THE RIGHT OPTION FOR YOUR CONDITION >

	Self Care	For a speedy recovery, self care is the best option when you have a minor illness or injury. A well stocked medicine cabinet means you'll receive the right treatment immediately.
	Pharmacist	For advice on common ailments including coughs, colds, sore throats and stomach upsets as well as help with your other medicines. There is no need to make an appointment. Pharmacists can also help with medication that has been prescribed by your GP and other prescribers.
	Dentist	For regular check ups, planned routine treatment and emergency care. If you have not registered with a dentist, please do so as soon as possible. Advice and information is available by calling the Dental Advice Helpline on 0141 232 9704. If your dental condition cannot wait until your Dental Practice re-opens, contact the Dental out-of-hours service by calling NHS 24 on 08454 24 24 24.
	Optometrist	If you have a problem with your eyes visit your local optometrist. All high street opticians have an optometrist who provides NHS services. Out-of-hours call NHS 24 on 08454 24 24 24. If you sustain an eye injury that requires immediate emergency treatment go to your nearest Accident and Emergency department. Children under one should attend the Royal Hospital for Sick Children (Yorkhill).
	Mental Health	For mental health problems contact your GP who can refer people to Community Mental Health Services in local areas. Crisis services are also available and the out-of-hours Community Psychiatric Nurse service can be accessed through NHS 24 on 08454 24 24 24.
	Addictions	For alcohol and drug addiction problems either self refer direct to local specialist teams or contact your GP. Crisis services are also available at the Drug Crisis Centre. There are also various voluntary organisations operating in local areas to offer support for those who are having problems with alcohol or drug misuse.
	GP & GP out-of-hours service	Contact your GP surgery as normal for any illness which requires the services of your GP Practice. If your condition really can't wait until your surgery re-opens contact the GP out-of-hours service by calling NHS 24 on 08454 24 24 24.
	NHS 24	For immediate advice including when your GP surgery or Dental Practice is closed and you're too ill to wait until it re-opens call NHS 24. They will put you through to a health professional who will talk to you about your symptoms and arrange for you to see a GP or dentist if necessary. Call NHS 24 on 08454 24 24 24.
	Minor Injuries Unit	For urgent care of minor injuries such as cuts (including ones that need stitches), broken bones, sprains and minor burns go to: New Stobhill Hospital, New Victoria Hospital or Vale of Leven Hospital.
	Accident and Emergency	For accidents or serious emergencies such as strokes, heart attacks, head injuries and wounds requiring stitches, go to the nearest Accident and Emergency department or call 999.