

Visit nhsinform.scot



- To check your symptoms online
- Find local services and opening times near you
- Get mental health information online

Phone 111



- If you need urgent care and your GP or dentist is closed
- For minor injuries, cuts and sprains
- If you need A&E, and its not life or limb threatening

Mental Health



If you are feeling down call **Breathing Space** on **0800 83 85 87**

or go to **breathingspace.scot**

When you need urgent help call **111**, open 24/7



Go to a Pharmacy

- For advice on self care
- Help with medicines
- Minor ailments - headache, sore throat, indigestion, urinary infection

If you are well, but have a question about your health or services phone

NHS inform on 0800 22 44 88

You can call our phone lines using Language Line, Relay UK or Contact Scotland BSL

Your guide to our Services

NHS
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>> Scan the QR codes



Android Devices



Apple Devices