



Using your GP practice



**If you need help from your
GP practice, don't wait**

Who else can help?

NHS inform

www.nhsinform.scot
NHS inform helps people in Scotland make informed decisions about their health. You can go here for advice on symptoms, self-help and healthcare services.

Pharmacy

For a minor illness (think: sore throat, ear ache, urinary tract infection), go to your pharmacy first. The NHS Pharmacy First Scotland service can offer advice and medicine, or refer you to another service.

999

For medical emergencies, call 999 or go to your A&E. An emergency means that someone is seriously ill or injured and their life is at risk.

Dentist

For problems like tooth pain, mouth injuries and advice on oral hygiene, consider contacting your dentist.

Samaritans

The Samaritans provide confidential emotional support. You can reach them at 116 123, 24 hours a day. Consider calling them if you experience feelings of distress or despair.

NHS24 at 111

Call 111 if your health need is urgent and your GP practice is closed. Urgent can mean that you think you need to go to A&E, but the situation is not life-threatening.

Optometrist

If you have an eye problem, consider contacting your optometrist.

Not a minor illness but not an emergency – not sure how urgent your need is?

Call your GP practise and we can advise you. If you have called before, but your health situation changes, call again and we can help you get the care you need.

Developed by

