



We'll keep you right and safe: Out-of-Hours Urgent Care

When your GP, Dentist and local Pharmacy are closed, and you are too ill to wait, call: **111** (Free number)

In an emergency call: 999



A well-stocked medicine cabinet and NHS 24's website nhsinform.scot/self-help-guides mean you can look after sore throats, coughs, colds, minor cuts and sprains by yourself

Looking After Yourself



Advice on general healthcare and a Minor Ailment Service with free treatment (where appropriate) for common conditions from allergies to cold sores, indigestion and head lice. Treatment is also available for urinary tract infections (females age 16-65). No appointment needed

Local Pharmacy



If you need someone to talk to, support and advice are available from NHS 24 call 111 / Breathing Space call 0800 838587 breathingspace.scot / Samaritans call 116 123 samaritans.org For self help advice accesstherapiesfife.scot.nhs.uk or moodcafe.co.uk

Mental Health



In the event of a dental emergency out of hours call 111

Dentist



When an injury or illness does not improve and you are too ill to wait until your GP, dentist or local pharmacy is open, a range of healthcare professionals are available by calling 111

Out-of-Hours-Urgent-Care



Cuts and minor burns, sprains and strains, suspected broken bones and fractures, out of hours call 111

Minor Injuries



Accident and Emergency is for severe injury, breathing difficulties and severe bleeding. Suspected heart attack or stroke call 999

Accident & Emergency or 999