



## 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](https://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](https://breathingspace.scot) / Samaritans call 116 123 [samaritans.org](https://samaritans.org) For self help advice [accesstherapiesfife.scot.nhs.uk](https://accesstherapiesfife.scot.nhs.uk) or [moodcafe.co.uk](https://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**