








# 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 <a href="http://www.nhsinform.scot/self-help-guides">www.nhsinform.scot/self-help-guides</a> mean you can look after sore throats, coughs, colds, minor cuts and sprains by yourself	<b>Looking After Yourself</b>
	General healthcare advice and a Minor Ailment Service with free treatment (where appropriate) for common conditions from allergies to cold sores, indigestion to head-lice. Also treatment for urinary tract infections (females age 16-65). No appointment needed	<b>Local Pharmacy</b>
	If you need someone to talk to, support and advice are available from Breathing Space 0800 838587 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a> and Samaritans 116 123 <a href="http://www.samaritans.org">www.samaritans.org</a> . For self help advice on staying mentally healthy, <a href="http://www.accesstherapiesfife.scot.nhs.uk">www.accesstherapiesfife.scot.nhs.uk</a> or <a href="http://www.moodcafe.co.uk">www.moodcafe.co.uk</a> Urgent support call 111	<b>Mental Health</b>
	In the event of a dental emergency when your dentist is closed call 111	<b>Dentist</b>
	When an injury or illness (physical or mental) 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	<b>Out-of-Hours Urgent Care</b>
	Cuts and minor burns, sprains and strains, suspected broken bones and fractures, out of hours call 111	<b>Minor Injuries</b>
	Accident and Emergency is for severe injury, breathing difficulties and severe bleeding. For suspected heart attack or stroke call 999	<b>Accident &amp; Emergency or 999</b>

For more information or alternative language translations go to:  
[www.nhsfife.org/knowwhototurnto](http://www.nhsfife.org/knowwhototurnto)