**KNOW WHERE TO GO**

If unsure, please visit [www.nhsinform.scot](http://www.nhsinform.scot) or call 111

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**PHARMACY**
- Cough, cold or sore throat
- Indigestion, diarrhoea or constipation
- Aches and pains
- Emergency contraception
- Emergency dispensing of medications

**GP SURGERY**
- Sore throat & swollen glands
- Muscle and joint pain
- Headache
- Sexual health
- Mental health conditions

**CALL NHS 24 (111)**
- Out with GP opening hours, weekend, or public holiday
- Need advice on a health concern
- Cannot wait for other services to become available

**MINOR INJURIES UNIT** (Not Available in Dundee)
- Cuts and minor burns
- Suspected broken bones
- Sprains
- Minor illness that cannot be treated at home

**EMERGENCY DEPARTMENT**
- Life Threatening/Emergency Situations
- Serious illness or injury
- Severe bleeding
- Suspected heart attack or stroke
- Severe breathing difficulties

**MENTAL HEALTH CRISIS TEAM**
- Low mood
- Anxiety
- Thoughts of self harm or suicide

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If your GP surgery is closed and you cannot wait, call 111 for an out of hours appointment


Tayside Crisis Team
www.crisistayside.scot
Breathing Space: 0800 83 85 87
Samaritans: 116 123