

LOOKING AFTER
YOURSELF



LOCAL
PHARMACY



MENTAL
HEALTH



YOUR GP
PRACTICE



DENTAL
SERVICES



NHS 24 & GP
OUT OF HOURS
SERVICE



MINOR
INJURIES
SERVICES



ACCIDENT &
EMERGENCY



KNOW
WHO
TO
TURN
TO

LOOKING AFTER YOURSELF



Sore throats, coughs, colds, flu, minor cuts, sprains & grazes can be self treated without needing to go to A&E.

Keep a well stocked medicine cabinet for a quick recovery. This should include medicines for pain relief, high temperatures, cough & cold remedies, plasters & antiseptics, medicines for indigestion relief.

LOCAL PHARMACY



Your local pharmacist offers expert advice on general healthcare & provides a Minor Ailment Service.

This service allows eligible individuals, including children, to use their local pharmacy for advice & free treatment for common conditions. You don't have to make an appointment and can go along at a time that suits you.

MENTAL HEALTH



If you need someone to talk to or you are experiencing despair & distress you can get support & advice from:

- NHS 24 – 111 (available 24/7)
- Samaritans – 116 123 (available 24/7)
- Breathing Space – 0800 83 85 87 (available Mon-Thurs, 6pm-2am; Fri 6pm-Mon 6am)

Self help materials & resources can be found at www.moodcafe.co.uk

YOUR GP PRACTICE



When an injury or an illness does not improve with self treatment, make an appointment with your GP. GPs provide the best care for minor and chronic problems & will know your past medical history.

They can access a full range of hospital services including x-rays & blood tests & can make referrals to specialty clinics not available to A&E.

DENTAL SERVICES



Registration & regular attendance at a dental practice is recommended.

In case of a dental emergency you should contact your own practice however advice is available during weekdays from the Fife Dental Adviceline on 01592 226555. Outside working hours, check your practice arrangements or call NHS24 on 111.

NHS 24 & GP OUT OF HOURS SERVICE



If you must see a GP in the evening, at the weekend or during holiday periods you can access the out of hours GP via NHS 24 by calling free on 111.

They may give you advice over the phone or arrange an appointment at your nearest Out of Hours Service. If they believe you are too ill to travel they might arrange a home visit.

MINOR INJURIES SERVICES



Minor Injuries Services can provide treatment for a range of minor or less serious injuries. These include treating:

What CAN be treated

- Arm, wrist & hand injuries
- Knee, ankle & foot injuries
- Back, shoulder & rib injuries
- Head & neck injuries in people who are fully conscious
- Cuts and wounds which may need dressing & stitches
- Minor burns & scalds

What CAN'T be treated

- Illnesses which a GP would normally treat
- Gynaecological problems
- Pregnancy problems
- Alcohol & drug related problems
- Mental health problems
- Drug overdose
- Severe allergic reaction
- Breathing problems
- Chest pain

Minor Injury Services are available at Victoria Hospital, Queen Margaret Hospital, Adamson Hospital & St Andrews Community Hospital.

ACCIDENT & EMERGENCY



Accident & Emergency (A&E) Services provide care for people who show the symptoms of serious illness or are badly injured.

A&E & calling 999 should only be used for serious illnesses or injuries, so that essential treatment is given as quickly as possible to those who need it most.

If you attend A&E inappropriately & it is felt you do not need to be seen in A&E, you may be asked to seek help from an alternative service such as your GP or local pharmacy.

If you would like this booklet in an alternative format or community language please call 01383 565142 or email fife-UHB.EqualityandDiversity@nhs.net

For more information or to find your nearest service visit the website at www.nhsfife.org/knowwhototurnto



Service	Location	Contact Information	Opening Hours
Local Pharmacy	Across Fife	Visit www.nhsfife.org for details of your nearest Pharmacy	Visit www.nhsfife.org for details of opening hours
Mental Health	NHS Samaritans Breathing Space	111 116 123 0800 83 85 87	Available 24/7 Available 24/7 Mon - Thurs, 6pm-2am; Fri 6pm - Mon 6am
GP Practice	Across Fife	Visit www.nhsfife.org for details of GP practices across Fife	Most GP practices are open from 8am-6pm, with some providing extended opening
Dental Service	Across Fife	Call Fife Dental Advice Line on 01592 226555 for details of NHS dentists in Fife	For dental emergencies during office hours when you are NOT registered with a dentist contact Fife Dental Advice Line on 01592 226555. For dental emergencies Out-of-Hours call NHS 24 on 111.
GP Out of Hours	Centres across Fife	NHS 24 111 www.nhs24.com	NHS 24 operates 24/7. When your GP practice is closed, the GP Out Of Hours service can be accessed via NHS 24
Minor Injuries Services	Victoria Hospital	Hayfield Road, Kirkcaldy, KY2 5AH	Located within A&E at Victoria Hospital, walk-in service operates 24/7
	Queen Margaret Hospital	Whitefield Road, Dunfermline, KY12 0SU	Walk-in service operates 24/7
	St Andrews Community Hospital	Largo Road, St Andrews, KY16 8AR	A walk-in service operates Monday-Friday, 8am-6pm. Outwith these times & on public holidays call NHS 24 on 111
	Adamson Hospital	Bank Street, Cupar, KY15 4JG	
A&E Services	Victoria Hospital	Hayfield Road, Kirkcaldy, KY2 5AH	Operates 24/7