



ANGUS

Health & Social Care  
Partnership

# GET THE RIGHT CARE IN THE RIGHT PLACE

**NHS**  
Tayside



## NHS Inform & NHS24

NHS Inform includes self-help guides for a range of common conditions, visit [www.NHSInform.scot](http://www.NHSInform.scot) If you think you need assistance, but it is not life threatening, call NHS24 on 111.



## Pharmacy

- Colds
- Skin conditions
- Urine infections
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Prescription queries



## Mental Health & Wellbeing

Visit [www.angus.gov.uk/areyouok](http://www.angus.gov.uk/areyouok) for trusted mental health, wellbeing, and crisis support resources available in Angus. Or, if you or someone you know is struggling or having suicidal thoughts, you can visit The Beacon, Kirk Square, Arbroath, open 12 noon - 12 midnight, or call 0800 135 7899.



## Dentist

- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene



## Optometrist

- Red or sticky eyes
- Pain in or around your eyes
- Blurred or reduced vision
- Flashes or eye floaters



## General Practice

Your local GP can provide urgent care during operating hours. This is the best place to contact if you have an illness, or are worried about your health. If your GP Surgery is closed, please contact NHS24 on 111.



## Minor Injury Care

Community Treatment and Care Services (CTAC) across Angus handle minor cuts, wounds, sprains, and burns. More complex injuries, including those requiring X-rays, are treated at the Minor Injury and Illness Unit at Arbroath Infirmary. Minor injury care, including CTAC services in Angus, is available by appointment only, by calling NHS 24 on 111, who will direct you to the appropriate service.



## A&E or 999

- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding