

# 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 [www.nhsinform.scot/self-help-guides](http://www.nhsinform.scot/self-help-guides) mean you can look after sore throats, coughs, colds, minor cuts and sprains by yourself

**Looking  
After  
Yourself**



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

**Local  
Pharmacy**



If you need someone to talk to, support and advice are available from Breathing Space 0800 838587 [www.breathingspace.scot](http://www.breathingspace.scot) and Samaritans 116 123 [www.samaritans.org](http://www.samaritans.org). For self help advice on staying mentally healthy, [www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk) or [www.moodcafe.co.uk](http://www.moodcafe.co.uk) Urgent support call 111

**Mental  
Health**



In the event of a dental emergency when your dentist is closed call 111

**Dentist**



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

**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. For suspected heart attack or stroke call 999

**Accident &  
Emergency  
or 999**

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