LOOKING AFTER YOURSELF

LOCAL PHARMACY

MENTAL HEALTH

YOUR GP PRACTICE

DENTAL SERVICES

NHS 24 & GP OUT OF HOURS SERVICE

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ACCIDENT & EMERGENCY

KNOW WHO TO TURN TO

Version 3 - Dec2014
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 – 08457 90 90 90 (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 Adviseline 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](http://www.nhsfife.org/knowwhototurnto)
<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Contact Information</th>
<th>Opening Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Local Pharmacy</strong></td>
<td>Across Fife</td>
<td>Visit <a href="http://www.nhsfife.org">www.nhsfife.org</a> for details of your nearest Pharmacy</td>
<td>Visit <a href="http://www.nhsfife.org">www.nhsfife.org</a> for details of opening hours</td>
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<tr>
<td><strong>Mental Health</strong></td>
<td>NHS Samaritans Breathing Space</td>
<td>111 08457 90 90 90 0800 83 85 87</td>
<td>Available 24/7 Mon - Thurs, 6pm-2am; Fri 6pm - Mon 6am</td>
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<tr>
<td><strong>GP Practice</strong></td>
<td>Across Fife</td>
<td>Visit <a href="http://www.nhsfife.org">www.nhsfife.org</a> for details of GP practices across Fife</td>
<td>Most GP practices are open from 8am-6pm, with some providing extended opening</td>
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<tr>
<td><strong>Dental Service</strong></td>
<td>Across Fife</td>
<td>Call Fife Dental Advice Line on 01592 226555 for details of NHS dentists in Fife</td>
<td>For dental emergencies Out-of-Hours call NHS 24 on 111.</td>
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<tr>
<td><strong>GP Out of Hours</strong></td>
<td>Centres across Fife</td>
<td>NHS 24 111 <a href="http://www.nhs24.com">www.nhs24.com</a></td>
<td>NHS 24 operates 24/7. When your GP practice is closed, the GP Out Of Hours service can be accessed via NHS 24</td>
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<tr>
<td><strong>Minor Injuries Services</strong></td>
<td>Victoria Hospital</td>
<td>Hayfield Road, Kirkcaldy, KY2 5AH</td>
<td>Located within A&amp;E at Victoria Hospital, walk-in service operates 24/7</td>
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<td></td>
<td>Queen Margaret Hospital</td>
<td>Whitefield Road, Dunfermline, KY12 0SU</td>
<td>Walk-in service operates 24/7</td>
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<td></td>
<td>St Andrews Community Hospital</td>
<td>Largo Road, St Andrews, KY16 8AR</td>
<td>A walk-in service operates Monday-Friday, 8am-6pm. Outwith these times &amp; on public holidays call NHS 24 on 111</td>
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<td></td>
<td>Adamson Hospital</td>
<td>Bank Street, Cupar, KY15 4JG</td>
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<tr>
<td><strong>A&amp;E Services</strong></td>
<td>Victoria Hospital</td>
<td>Hayfield Road, Kirkcaldy, KY2 5AH</td>
<td>Operates 24/7</td>
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