

Festive Period 2019 Health Services



GP Surgeries

Your GP surgery will be open on 23rd, 24th and 27th December and 30th, 31st Dec and then as normal from 3rd Jan 2020

Community Pharmacy

Please order medication before 17th December.

Pharmacies are open 23rd, 24th & 27th Dec and 30th, 31st Dec & 3rd Jan

Self Care for Minor Ailments

See www.nhsinform.scot or phone 0800 224488

Urgent Care

For conditions that can't wait until GP surgery reopens phone NHS 24 on 111

Useful Numbers

NHS 24
111

Emergency Social Work
0845 769 7284

Samaritans
116 123 (free)
www.samaritans.org

Breathing Space - a confidential phone and web service for people experiencing low mood, depression or anxiety
Free on 0800 83 85 87
www.breathingspace.scot

Dental Helpline
North Highland:
0845 644 2271
Argyll and Bute:
0845 833 2310

The Emergency Department exists to provide life and limb saving treatment for patients with significant trauma or serious illness. It is not an alternative to your GP surgery. By choosing the right NHS service will not only ease the pressure on A&E but may also result in quicker treatment. Unless this is a genuine life threatening emergency please contact NHS24 for guidance.

In an emergency phone 999 for an ambulance