

# 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)

Fife Health  
& Social Care  
Partnership  
Supporting the people of Fife together



In an emergency call: 999



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|---|---|--|
|     | With a well stocked medicine cabinet and NHS 24's website <a href="http://www.nhsinform.scot/self-help-guides">www.nhsinform.scot/self-help-guides</a>  | <b>Looking After Yourself</b>          |
|    | Your local pharmacist offers expert advice on general healthcare and provides a minor ailment service   | <b>Local Pharmacy</b>                  |
|    | Breathing Space 0800 838587 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a> and Samaritans 116 123 <a href="http://www.samaritans.org">www.samaritans.org</a><br>Self help advice <a href="http://www.accesstherapiesfife.scot.nhs.uk">www.accesstherapiesfife.scot.nhs.uk</a> or <a href="http://www.moodcafe.co.uk">www.moodcafe.co.uk</a> Urgent support call 111 | <b>Mental Health</b>                   |
|    | In the event of a dental emergency when your dentist is closed call 111   | <b>Dentist</b>                         |
|  | When your GP, dentist and local pharmacy are closed, and you are too ill to wait, a range of healthcare professionals are available by calling 111  | <b>Out-of-Hours Urgent Care</b>        |
|  | Cuts and minor burns, sprains and strains, suspected broken bones and fractures, out of hours call 111  | <b>Minor Injuries</b>                  |
|  | Accident & Emergency is for severe injury, breathing difficulties and severe bleeding. For suspected heart attack or stroke call 999  | <b>Accident &amp; Emergency or 999</b> |

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