

DO I NEED TO SEE MY GP? Ladywell Medical

Centre West



Help is also available from other services which you can contact directly.



Pharmacy – Your pharmacist can give you expert advice and treatment for most minor illnesses and complaints e.g. Conjunctivitis, Coughs, colds and sore throats, athlete's foot, Emergency contraception, Hay Fever, Pain, Piles, Quit smoking, Stomach upsets (diarrhoea, constipation, indigestion), Thrush, Warts and verrucae. Many pharmacies are open late and over weekends.



Dentist – Any condition involving your mouth and teeth. If you require to register with a dentist please call **0131 537 8444** or www.nhslotian.scot.nhs.uk/Services/Dentists. If you have an emergency and are not registered with a dentist please telephone the Lothian Dental Advice Line on **0131 536 4800**.



Social Care Direct – If you need help due to illness, frailty, disability, you are a carer or you have concerns about the safety of an adult or child at risk of harm - call **0131 200 2324** or Out of Hours **0800 731 6969**.



Practice Nurse Team – Practice nurses are experienced in dealing with many conditions such as high blood pressure, asthma, diabetes and a range of minor illnesses and injuries. Many can prescribe medications and arrange investigations. It is often quicker to get an appointment with the Practice Nurse than a GP. Ask your GP practice receptionist for advice on whether the nurse might be able to deal with your concern.



Health Visitor – Specialist Nurses for Parent/guardian and children under 5 years. Key advice on range of health related and family concerns. Contact your Health Visitor via your GP Reception. For advice on common infant and toddler illnesses – www.whenshouldiworry.com



Physiotherapy – For advice and self care with a joint or muscle problem, contact NHS Inform on **0800 917 9390** or www.nhsinform.co.uk/msk and to self refer and access patient information leaflets contact www.nhslotian.scot.nhs.uk



Podiatry/Foot problems – Heel pain, painful nails, corns or joints in your feet etc you can self refer to this service – pick up a form at GP Reception or call **0131 455 9860**.



Optician – All eye conditions should be seen by an Optician first for their expertise and they can provide treatment and if necessary refer directly to the eye pavilion and specialist services.



Smoking – For free help and support to give up smoking phone your local North West Smokefree Community Service on **0131 537 4352**, visit your pharmacy or contact Smokeline on **0800 84 94 84**. Information on Addiction services for NW - **0131 332 2314**.



Hospital and Patient Services – Edinburgh Royal Infirmary **0131 242 1853**; Western General Hospital **0131 537 1839**; Royal Edinburgh Hospital **0131 537 6525**; St Johns Hospital **01506 523 871**. For the Patient Information Centre contact **0131 242 7660** and for Patient Transport call **0300 123 1236**.



Emotional Health and Wellbeing – Urgent mental health assessment- if your GP is not available, contact The Mental Health Assessment Service on **0131 537 6000**. If you need emotional support, you can contact Samaritans on their 24 hour helpline **08457 90 90 90**. If you are feeling depressed or have a low mood, you can phone Breathing Space on their free helpline **0808 838 587** between 6pm and 2am Mon – Thurs, and Fri 6pm – Mon 6am. www.breathingspacescotland.co.uk

If you need urgent medical help, phone NHS24 on 111 – or in an emergency call 999.

For general health advice or information on local services visit www.nhsinform.scot or call the NHS Inform helpline on 0800 22 44 88 (open from 8am to 10pm, 7 days a week).