Drugs and alcohol services are still available. If you are worried about your or someone else’s drug and or alcohol use please call ADA freephone number 0333 344 8355 to access support and advice or visit www.alcoholanddrugsaction.org.uk.

Because of COVID-19 (Coronavirus) getting help for a health concern is different. If you need help, remember your NHS is open and is there for you.

KNOW WHO TO TURN TO...

When you are ill or injured

- Latest information and guidance about Coronavirus.
- Advice about illnesses and conditions, including symptom checkers.
- Find local services and opening times.
For further information visit www.nhsinform.scot

With social distancing measures in place your pharmacy team will:
- Dispense your prescription.
- Help if you run out of your regular prescription.
- Advise on medicines and advise, assess and provide treatment for a range of minor ailments on the NHS.
- Provide services including emergency hormonal contraception and treatment for mild UTI symptoms in women aged 16 to 64.

When you need help with your psychological wellbeing or mental health visit www.covid19.nhsgrampian.org/mental-health-support/.

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If you have an urgent dental need, you should contact your dental practice for assessment, advice and treatment if required.

If you are not registered with a dental practice, and you have an urgent dental problem, you should contact the Dental Information and Advice Line DIAL on 0345 45 65 990, or outside normal working hours contact NHS 24 on 111.

For emergency eye care (including sudden loss of vision, painful or red eyes or sudden flashes and floaters) please telephone your own Optometrist/Optician who will give you advice and arrange to see you. (You can attend any Optometrist/Optician).

Optometrists/Opticians are currently open by prior telephone arrangement for routine care with priority given to emergency and essential care.

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Dental practices are now open and can provide a limited range of treatments. If you have any urgent dental need, you should contact your dental practice for assessment, advice and treatment if required.

If you are not registered with a dental practice, and you have an urgent dental problem, you should contact the Dental Information and Advice Line DIAL on 0345 45 65 990, or outside normal working hours contact NHS 24 on 111.

The Emergency Department is for:
- Severe injury.
- Breathing difficulties.
- Severe bleeding.
- Suspected heart attack or stroke.

If you’re not sure where to go or who to see visit www.NHSinform.scot

This information was produced and correct as of 1st September 2020 and may be subject to change during COVID-19. For latest updates visit www.NHSinform.scot