

# Which local service is the right one for you...?

**Going directly to the person with the appropriate skills is important.**

**This can lead to a speedier recovery and makes sure services can help more people who need them.**

**SEE OVERLEAF FOR INFORMATION.**

For larger print or alternative formats of this leaflet, please contact:

**Your Voice, 12 Clyde Square, Greenock PA15 1NB**

**Telephone 01475 728628    Textphone 01475 728608**

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**Choose the right service!**

INVERCLYDE  
**HSCP**  
Health and Social  
Care Partnership

The Scottish  
Government  
Registered in 1978

Your  
voice

# Choose the right service!



## 1 Community Connectors

- Affected by isolation or lacking confidence at any age?
- Increase your Social Interaction
- Connect to services, support and activities
- Telephone 01475 728628



## 1 Self Care NHS Inform

- Need general health advice
- Minor illnesses • Sore Throat
- Diarrhoea • Cold / Flu • Vomiting
- Telephone 0800 22 44 88
- [www.nhsinform.scot](http://www.nhsinform.scot)



## 1 Social Care

- Benefits advice / money worries
- Support for People at risk
- Assessment for personal / practical support
- Support to live independently
- Telephone 01475 715299



## 1 Physiotherapy

- Advice on muscle, joint or back pain visit: [nhsinform msk zone - www.nhsinform.scot](http://nhsinform.msk.zone)
- Further help, self refer to Outpatient Physiotherapy (Adult service only). Self referrals forms available in physio depts & GP Practices.



## 1 Pharmacy First



- Pain Relief • Shingles
- Emergency Contraception
- Cough / Cold • Cystitis (Females 16-65)
- Impetigo • Stop Smoking
- Contact your local Pharmacy



## 1 NHS 24 Call 111

- Unsure about a symptom
- Need help, can't wait until your regular NHS service re-opens
- Telephone for FREE, dial 111



## 1 Optician Services

- Experience sudden loss or changes in vision
- Have sore, irritated, red, sticky or watery eyes
- Contact your local Optician



## 1 Dentist Services

- Pain in mouth, jaws or gums
- Facial swelling, bleeding from mouth
- Contact your local Dentist



## 1 GP (Doctor) Team

- An illness or injury that won't go away
- Monitoring and management of ongoing conditions
- Contact your Practice

