

# Choose the right service!

INVERCLYDE  
**HSCP**  
Health and Social  
Care Partnership

The Scottish  
Government  
Riaghaltas na h-Alba



## Community Connectors

- Affected by loneliness, isolation at any age
- Do you want Social Interaction?
- Help making connections to services, support and activities
- Telephone 01475 728628

## 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)



## Social Care

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



## Physiotherapy

- Advice on muscle, joint or back pain visit: [www.nhsinform.co.uk/msk](http://www.nhsinform.co.uk/msk)
- Further help? (14yrs+): Self refer to Outpatient Physio. Self referral forms available in physio depts & GPs Practices.



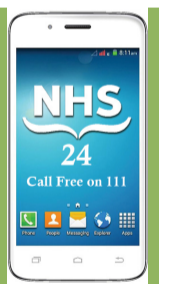
## Pharmacy First

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



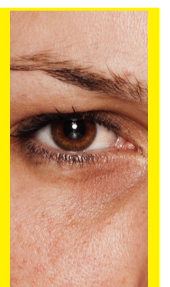
## NHS 24 Call 111

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



## Optician Services

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



## Dentist Services

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



## GP (Doctor) Team

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

