

SAVE TIME BY SEEING THE RIGHT PROFESSIONAL

PHYSIOTHERAPY

- Do you need help with a muscle or joint problem?
- Is it interfering with your life or work?
- To self refer phone the musculoskeletal advice and triage service on 0800 917 9390

PHARMACY

Pharmacists are qualified to provide advice and treatment for the following:-

- Coughs & Colds
- Conjunctivitis for those aged over 1 year
- Constipation
- Warts & Verrucas
- Sore throats & earache for less than 3 days
- Smoking cessation
- Hay Fever
- Mouth ulcers
- Dry skin, nappy rash, small patches of impetigo
- Bruises, insect bites & sunburn
- Emergency contraception
- Head Lice
- Thrush
- Cold sores
- Pain relief
- Piles
- Athletes Foot
- UTI

DENTIST

Any condition affecting your teeth and gums, NHS dentists will provide an examination free of charge and can prescribe appropriate medication or refer to a hospital dentist if required. The emergency dental telephone number is 0845 300 0930

OPTICIAN

All eye problems should be seen by an Optician first. They have the specialist knowledge and equipment to diagnose and treat eye conditions. You are entitled to have your eyes examined for free by an Optician who provides NHS services, and they can refer you on to the eye hospital if required.

PODIATRY

You can make a self referral to podiatry by going to www.nhsborders.org and select 'P' and select Podiatry and click on the link to a self referral form. Forms are also available from your local GP Practice.

WELLBEING SERVICE

The Wellbeing service offers support to people who wish to improve their lives in one or more of the following areas:-

1. Mental health and wellbeing
2. Being more active
3. Eating more healthily
4. Quitting Smoking

You can make a self referral to the Wellbeing service by going to their website at www.nhsborders.scot.nhs.uk/wellbeing or by phoning 01896 824502 or email wellbeing@borders.scot.nhs.uk.

SEXUAL HEALTH

Patients can contact the following numbers directly to request appointments for coil and nexplanon fittings/changes or indeed for any sexual health and contraception query. Clinics in Hawick and Galashiels and call between 9am – 1pm Tel : 01896 663700

DRUGS/ALCOHOL

There are 3 drug and alcohol services in the Scottish Borders and they all accept self referrals.

- Addaction Borders Tel 0800 028 6664
- NHS Borders Addictions Service Tel 01896 664430
- Action for Children Tel 01896 750173

OTHER USEFUL INFO

NHS 24 – 111

Borders General Hospital – 01896 82 6000

Social Work SBC – 01835 82 4000

NHS Inform - www.NHSinform.scot

Citizens Advice – 0800 917 2127