

# Choose Wisely



## Where should I go if I am ill?

There are many services that can help you if you are ill. We hope this leaflet will help point you in the right direction. The services outlined are not meant to be a replacement for seeing your GP but instead can complement the care provided by our practice, and some may be particularly helpful when the practice is closed.

# Common Illnesses or Advice on Medicines

You can get advice and treatment (if you need it) for many illnesses from your pharmacist such as :

Acne	Dry eyes	Indigestion
Athlete's Foot	Diarrhoea	Mouth Ulcers
Backache	Earache	Nasal Congestion
Cold Sores	Eczema	Pain
Conjunctivitis	Haemorrhoids	Period Pain
Constipation	Hayfever	Thrush
Cough	Headache	Sore throat
Diarrhoea	Indigestion	Threadworms

Ask your pharmacist, or read about conditions and medications online on [www.patient.co.uk](http://www.patient.co.uk)

## Muscle and Joint Problems

You can get advice and treatment, as required, for muscle or joint problems such as:

Knee Pain	Sciatica
Low Back Pain	Torn Muscles, etc

Visit [www.nhsinform.co.uk/msk](http://www.nhsinform.co.uk/msk) or call 0800 917 9390

## Foot Problems

People can manage many foot problems themselves. You can get further advice and treatment, as required, by looking at the section on foot problems at [www.nhsinform.co.uk/msk](http://www.nhsinform.co.uk/msk), or ask for a podiatry referral form at our reception desk.

## Mouth and Dental Problems

Dentists do not only help you with your teeth, they can also diagnose and treat other mouth problems, and can prescribe treatments such as antibiotics as required.

If you are not currently registered with a dentist, telephone 0131 537 8444 to find out which local NHS dentist you can register with.

# Infants and Toddlers

You can get advice and treatment recommendations, as required, for many problems your child may have by contacting your Health Visitor on 0131 537 9903. They will let you know when seeing the doctor is important.

## Eye Problems

You can get advice and treatment recommendations, as required, for most eye problems online - <http://patient.info/health/the-eyes-and-vision> or contact your local optometrist.

## Older People Social Care Services

For information for you or an elderly relative for social care services (e.g. mobility concerns, seeking a carer), you can contact Midlothian Council Social Work Team on 0131 271 3900 or read about their services on their website [www.midlothian.gov.uk](http://www.midlothian.gov.uk). VOCAL is a local charity who assist carers and their website is [www.vocal.org.uk](http://www.vocal.org.uk), or you can telephone them on 0131 622 6666.

## Depression or Anxiety

Many people get depressed, anxious, or have a mental health problem, and there are many services that can help.

[www.midspace.co.uk](http://www.midspace.co.uk) is a useful website which directs you to many services available.

Living Life is a helpful service for anyone over 16 who is feeling low, depressed or anxious - you can call them for free on 0800 328 9655 (Monday to Friday 1pm to 9pm) or visit the website [www.nhs24.com/usefulresources/livinglife](http://www.nhs24.com/usefulresources/livinglife).

Breathing Space can assist with overwhelming thoughts and feelings. Visit their website [www.breathingspace.scot](http://www.breathingspace.scot) or telephone for free on 0800 83 85 87.

The Orchard Centre, 14 Lothian Street, Bonnyrigg (Tel : 0131 663 1616) offers a wide range of services, which you can read about on their website : [www.health-in-mind.org.uk/services/orchard-centre-services.html](http://www.health-in-mind.org.uk/services/orchard-centre-services.html)

They also run the Midlothian Early Intervention Crisis Response Service if you are dealing with a life crisis you cannot manage — telephone 0131 663 5533 (Monday to Friday 4pm to 10pm, Saturday & Sunday 10am to 4pm)

# Alcohol or Drug Problems

MELD (Mid and East Lothian Drugs) offer helpful advice to individuals and families. Visit their website [www.meld-drugs.org.uk](http://www.meld-drugs.org.uk) or telephone them on 0131 660 3566.

ELCA - Edinburgh and Lothian Council on Alcohol can help if you are worried about your own or someone else's drinking. Visit their website <http://elcaalcohol.co.uk> or telephone them on 0131 337 8188.

Glenesk Centre in Dalkeith offer Gateway to Recovery Clinic every Tuesday from 11am to 4pm for those with substance misuse problems (alcohol or drugs). They are based at 1/5 Duke Street, Dalkeith, EH22 1BG or you can telephone them on 0131 660 6822

## Self Care

The most important person in the National Health Service is you! We want you to be healthy and self care is an important part of health care. The Self Care Forum provides good advice on how to look after yourself - visit their website [www.selfcareforum.org](http://www.selfcareforum.org) and look at their Patient Portal - [www.selfcareforum.org/resources/patient-portal/](http://www.selfcareforum.org/resources/patient-portal/)

[www.treatyourselfbetter.co.uk](http://www.treatyourselfbetter.co.uk) is a helpful website which offers pharmacist advice.

## Healthy Living

We want you to live well. For advice on healthy eating, exercise and stopping smoking visit [www.nhs.uk/livewell](http://www.nhs.uk/livewell) .

If you wish to stop smoking, speak to your pharmacist or telephone the Stop Smoking Service here in the Health Centre on 537 9914.

[www.ash.org.uk](http://www.ash.org.uk) is another website that provides helpful information regarding smoking.

If you are interested in exercise visit [www.takelifeon.co.uk/](http://www.takelifeon.co.uk/)  
[www.activemidlothian.org.uk](http://www.activemidlothian.org.uk) is a great website that tells you about sporting opportunities for your children here in Midlothian.

**And finally, we want to be there when you need us most.  
It's your NHS, please use it wisely.**