Here are some questions NHS inform can help you with.

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Health information you can trust

Where is my nearest NHS dentist?

Do I need jags before I go on holiday?

Who can help me to stop smoking?

If you want a copy of this leaflet in another format, like audio or large print, please call us on: 0800 22 44 88.







All the information you need about health in one place.



easy-read

NHS inform is a new health information service from NHSScotland.

You can find out about:

- illnesses or medical conditions
- your health rights
- support groups
- health news
- local doctors and dentists
- family planning
- keeping healthy.

You can get health information in other languages too.

Call 0800 22 44 88

Speak to a healthcare worker every day between 8am and 10pm. The textphone number is 18001 0800 22 44 88.



Search onlinewww.nhsinform.co.uk

