

SELF-REFERRAL SERVICES

Direct help from our self-referral services

NHS Lanarkshire provides a range of health services that you can contact directly for help, without going through your GP. Our self-referral services give patients a direct route to the health professional best placed to help them.

- **Hearing health** – our audiology team provides a range of services in relation to hearing health including assessment, diagnosis and hearing aid fittings. You can contact the audiology team on **01698 456 556**.
- **Physiotherapy** - Physiotherapy is a non-emergency help service for advice, information and assessment of muscle and joint problems and is provided at various locations including Hairmyres, Monklands and Wishaw General. Contact **0800 917 9390** between 9am and 5pm Monday to Friday.
- **Foot health** – Our podiatry service treats patients with ongoing foot problems, as well as promoting self-care. Services are available both in the community and at our three hospital sites. **Ask for a self-referral podiatry form at your health centre.**
- **Muscle and joint pain** – if you're suffering with muscle and joint pain, you can use The National Musculoskeletal (MSK) Advice and Triage Service. This is a partnership service run by NHS 24 and NHS Lanarkshire.

You can get advice on their muscle and joint pains and aches (including back pain) without having to wait for an appointment or visit a health centre. Visit the website at www.nhsinform.co.uk/msk or call the national helpline at **0845 604 0001**.

- **Help with recuperation** – our occupational therapists work with adults and children with a wide range of conditions, including those who have difficulties due to a mental health illness, physical or learning disabilities to ensure they can carry out everyday tasks or occupations. You can contact the service on **01698 855 515**.
- **Speech and Language Therapy** – our speech and language therapists (SLTs) work with people who have communication and/or eating, drinking and swallowing difficulties linked to learning disabilities. Many of the people they work with have additional needs, including complex physical needs. SLTs work in a range of settings across Lanarkshire. These include: health centres, community clinics, hospitals, nurseries, mainstream schools, special educational needs schools and units. To find your nearest SLT visit www.nhslanarkshire.org.uk
- **Eye conditions** – our orthoptists investigate, diagnose and treat people with long-term eye conditions such as misalignment of the eyes (squint), double vision and reduced vision. **This service can be accessed through your local hospital.**
Your local LENS optometrist, accessed via your community optician, is the best person to assess urgent eye problems, for example when your eyes suddenly become red or sore. See page 11.
- **Mobility help** – orthotics are more commonly known as splints or braces which are used to support the body. Our orthotics team work to support the rehabilitation of patients. **This service can be accessed through your local hospital.**