**Mental Health Information**

**Mental Health Resources**

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| **For Help In A Crisis.**  |
| Breathing Space  | 0800 838 587 Mon-Thurs (6pm–2am) Weekend fri 6pm-mon 6am  |
| Samaritans  | 116 123  |
| NHS 24  | 111  |
| Edinburgh Crisis Centre                                 0808 801 0414 Telephone help line & some emergency overnight accommodation   |
| Psychiatric Emergency Team (REH) Edinburgh Mental Health Asssessment Sevice  | 0131 537 6000  |
| Saneline  | 0300 304 7000 400pm-1000pm daily  |
| Edinburgh Rape Crisis (9am-7pm Mon-Friday 17 Claremont crescent))  | 08088 01 03 02 (phone -5pm-midnight)  |
| National Scottish Domestic Abuse Helpline  | 0808 2000 247  |
| **Specific Problems** |
| Perinatal Therapy, Crossreach  | 0131 220 3547  |
| Simpson House (Counselling and recovery service, Crossreach)  | 0131 225 6028  |
| Libra 4 Norton Park (alcohol problems in women)  | 0131 661 0111  |
| Edinburg and Lothian Council on Alcohol  | Drop in Mon-thurs 9-9 Sat 9-2pm, 91 Rose Street   0131 337 8188  |
| Alcohol Anonymous  | 08009177650  |
| Edinburgh Drug and Alcohol Recovery Hub Drop-Ins  | 0131 661 5294 (South east recovery hub gilmerton)   |
| Narcotics Anonymous  | 0300 999 1212  |
| Cruse (Bereavement)  | 0808 802 6161  |
| Relationships Scotland  | 0345 119 2020  |
| Women’s Aid   | 0131 315 8110  |
| Social Care Direct  | 0131 200 2324  |
| Edinburgh Carers Council  | 0131 322 8480  |
| Saheliya 10 Union Street (Community based for ethnic minorities)  | 0131 556 9302  |
| No Panic (for panic disorders)  | 0300 772 9844 |
| Vocal (for carers) 60 Leith Walk | 0808 196 6666 |
| Advocard (Advocacy) c/o Andrew Duncan Clinic Royal Edinburgh Hospital | 0808 196 3525 |
| Number 6 (Autism support)  24 Hill Street | 0131 526 3176 |
| Autism support  | Mindroom Scottish Women Autism Network (SWAN) Scottish Autism  |
| Beat Eating Disorders  | 0808 801 0432 24/7 SMS Text SHOUT 85258beateatingdisorders.org.uk  |
| Edinburgh Self Harm Project (Penumbra) 57 Albion Road Edinburgh EH7 5QY | 0131 475 2380www.penumbra.org.uk  |
| **Useful Organisations** |
| Thrive team  | Wednesday 10-4 Contact Point 101 High Riggs,Tollcross, EH3 9RP Entrance next to Piccolino restaurant.  |
| Health In Mind 40 Shandwick Place Resource workers, support workers, counselling and information (Stress Management Classes)   | 0131 225 8508 health-in-mind.org.uk  |
| Mental Health information Station  Mental health information and resources  | Walpole Hall 10:30am-3pm Thursday (next to St Mary’s Cathedral, Palmeston Place. 0131 537 8688 |
| Eric Liddle Centre (Day Care and Activities)  | 0131 447 4520  |
| Mind (merged with Depression Alliance)  | 0300 123 3393  |
| Sexual health advice for young people 13-18 yrs Chalmers Sexual Health Centre  | 0131 536 1070Drop in Mon- Thurs 330-7pmFri 1-330pm |
| Change (National Schizophrenia Fellowship Scotland)  | 0808 8010 515 |
| Bipolar Fellowship  | 0141 560 2050  |
| LGBT Health and Wellbeing  | Lgbthealth.org.uk 0800 464 7000 |
| Maggie’s Centre  To support people with cancer and their loved ones.   | Crewe Road South, Western General HospitalMon-Fri 9-5  0131 537 3131  |
| Healthy Active Minds | Edinburgh Leisure Physical Activity Programme for people aged over 18 years with mild to moderate depression and stress and anxiety. |
|  **Private Counselling**  |
| Wellspring 13 Smiths Place (means based payments)  | 0131 553 6660   |
| Alan Fraser – (also a range of other complementary therapies available.)  | 07881 517385, 0131 226 2025  |
| The Whole Works, Acupuncture  | 0131 225 8092  |
| P F Counselling, 8 Balcarres Street  | 0131 447 0876  |
| Edinburgh Counselling Service  | http://www.edinburghcounsellingservice.com and fill in an online contact form |
| Human Development Scotland  | 0141 331 2419 |
| Forrester Hypnotherapy  | 07999 726 463  |
| **Private Psychology** **Sessions usually – private insurance may cover**  |
| Harper Clinical Psychology Consultants, 56 Sciennes, Dr A Harper   | 0131 341 4898 |
| Well Springs | 0131 553 6660  |
| Keil Centre,   | 0131 229 6140  |
| Dr James Hawkins  | 0131 337 8474  |
| Chamberlain Consultants | 0131 452 8083 |
| **Useful websites**  and Apps |
| Feeling Good App  | Mindfullness Username: edinchpdx Password: positive  |
| Ithrive – self help and support | ithriveedinburgh.org.uk |
| Mood Mission App  | For low mood and anxiety in teenagers  |
| Calm Harm App  | To reduce self harm in teenagers  |
| https://www.nhs.uk/conditions/stress-anxiety-depression/  | Moodzone : NHS website with useful information and self help advice  |
| Dipexcharity.org | Patients experiences of health and social care |
| Smiling mind app | Guided Meditation |
| [patient.co.uk](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.bbc.co.uk%2Fhealth&data=05%7C01%7Calison.x.macleod%40nhslothian.scot.nhs.uk%7Ca5ade9abb56f45f0562808dbd18c556c%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638334172917968826%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=g9iPZrxp0oRFJyTUrvLGGzPwiY%2BQXw1zj2HNUQIfqpk%3D&reserved=0)  | Health information leaflets  |
| RSPB Nature Prescribing |  http://greenhealth.nhslothiancharity.org |
| [www.mentalhealth.org.uk](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.mentalhealth.org.uk%2F&data=05%7C01%7Calison.x.macleod%40nhslothian.scot.nhs.uk%7Ca5ade9abb56f45f0562808dbd18c556c%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638334172917968826%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=bGkkaq%2Bely0X1CGXDF%2BfkVFxSrYNDu9t8xoQN60c8e0%3D&reserved=0)  |   |
| Llttf.com (living life to the full)  | On line courses/CBT  |
| Moodgym.com.au  | On line self help.  |
| The Breathing App  | To reduce stress by controlled breathing  |
| Headspace (website and app)  | Guided meditation,  |
| Advice for recovering from mild head injury, concussion and mild traumatic brain injury | headinjurysymptoms.org |
| **Useful Books**  |
| Overcoming Depression and Low Mood A five areas approach.  | Chris Williams  |
| Overcoming Anxiety  | Chris Williams  |
| Overcoming Binge Eating  | Chris Fairburn 1995 Guilford press  |
| Overcoming Depression  | Paul Gilbert 2000 Robinson  |
| Overcoming Irritability and Anger  | Will Davies 2000 Robinson  |
| Overcoming Anorexia Nervosa  | Chris Freeman & Peter Cooper Robinson   |
| Overcoming Anxiety  | Helen Kennerley 1997  |
| Managing Stress – Teach Yourself  | Cooker Terry & Glasgow  |
| Managing Anger  | Gael Lindenfield 2000  |
| Self Esteem  | Gael Lindenfield 2000  |
| Self Esteem for Women  | Lynda Field 2001  |