

Mental Health

Crisis Numbers

Breathing Space listening and emotional support

0800 83 85 87

6pm-2am weekdays and 27/7 at the weekend

Samaritans 24/7 crisis support

113 123 or e mail jo@samaritans.org.uk

Edinburgh Crisis Centre

0800 801 0414

Text service 07974429075

E mail: crisis@edinburghcrisiscentre.org.uk

SHOUT

text SHOUT to 85238 for 24/7 text message from support from volunteer

NHS 24 111 available 24 hours www.nhs24.com

Health in Mind 0131 225 8508

Run a variety of online wellbeing courses

Wellbeing Courses

stuart.cameron@health-in-mind.org.uk

Depression and Anxiety support

edinburghselfhelp@health-in-mind.org.uk

WRAP hayleychandler@health-in-mind.org

Listening Space peer led online support

Stuart.cameron@health-in-mind.org.uk

Guided Self Help

1-1 support over 4 sessions to work rough self help materials using a CBT approach for 18yrs and over.

Predominantly for those with mild, moderate depression and anxiety

Please see GP or link worker for referral

Mental Health

Mental Health Information Station

Have reopened to the public. Offering resources and the chance to speak to a mental Health Professional

Every Thursday 11-3pm

Walpole Hall (St Marys Cathedral) Palmerston Place EH12 5AW

0131 537 8688

Counseling

Gives you the opportunity to talk about thoughts and feelings in a confidential way. Most are donation based. Some services include

Hope Park Counseling 0131 650 6696 and Wellspring 0131 553 6600

For a full list please speak to the link worker or visit:

<https://edinburghcounsellingagencies.co.uk>

Online resources on mental health

ithrive <https://ithriveedinburgh.org.uk>

www.lltff.com free materials using CBT approach

NHS resources on coping with the impact of Covid

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Clear your head

Apps free to use and offer different ways to improve mental health

CALM

Headspace

SAMH

Feeling Good www.foundationforpositivementalhealth.com

(for iphones, ipads, android and tablets

Group support

Andysman - men with mental health issues

Email: info@andysmanclub.co.uk

Stress Control classes run by NHS

