**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 85258  beateatingdisorders.org.uk |
| Edinburgh Self Harm Project (Penumbra) 57 Albion Road Edinburgh EH7 5QY | | | | 0131 475 2380  www.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 1070  Drop in Mon- Thurs 330-7pm  Fri 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 Hospital  Mon-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 | | | |