

Information Resources for Mental Health

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 Telephone helpline & emergency overnight accommodation	0808 801 0414
Psychiatric Emergency Team (REH) Edinburgh Mental Health Assessment Service	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	Drop Ins on Fridays 10-2pm Contact Point 101 High Riggs, Tollcross, EH3 9RP Entrance next to Piccolino restaurant. or Mondays 10-2pm Ballenden House 28-30 Howden Street, EH8 9HL
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(and third sector) 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 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	Meditation and mindfulness 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
Dipex charity - Patients experiences of health and social care	Dipexcharity.org
Smiling mind app	Meditation and mindfulness
Health information	patient.co.uk
RSPB Nature Prescribing	http://greenhealth.nhslothiancharity.org
Mental health foundation	www.mentalhealth.org.uk
Living life to the full	On line courses/CBT Llfff.com
Moodgym	Interactive online self-help book https://www.moodgym.com.au/
The Breathing App	To reduce stress by controlled breathing
Headspace (website and app)	Guided meditation, mindfulness https://www.headspace.com/
Head injury symptoms	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