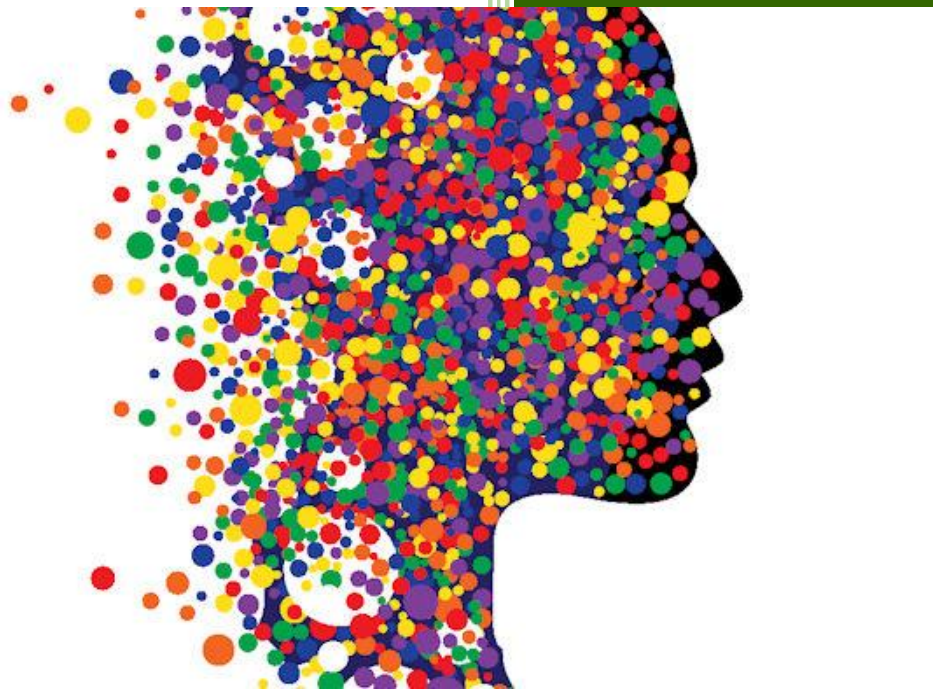


2022

Mental Health & Wellbeing Summerside Resources for patients



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Crisis Contacts

CRISIS CONTACTS - IF YOU NEED TO SPEAK WITH SOMEONE URGENTLY

Breathing Space	0800 83 85 87	Mon – Thur 6pm-2am, Fri 6pm – Mon 6am. Free, National confidential helpline.
Samaritans	0330 094 5717 116 123 Email	Local branch 9am – 10pm daily National confidential helpline 24hours jo@samaritans.org
Edinburgh Crisis Centre	0808 801 0414 07974 429 075 Email	Local confidential helpline 24 hours Text number crisis@edinburghcrisiscentre.org.uk Offers sensitive, one to one support and information on a primarily face-to-face basis. The centre also provides a safe private space for people in distress to receive support, including overnight accommodation if required.
MHAS	0131 286 8137	Available 24 hours. A nurse led team based at the Royal Edinburgh Hospital. For people experiencing a mental health crisis. Will refer you to the agency or service that best meets your needs and liaise with your healthcare provider about your care and assessment.
NHS 24	111	Available 24 hours www.nhs24.com

Follow this weblink for a Guide to our local Up to Date Guide of Mental Health and Wellbeing information in Edinburgh:

<https://www.health-in-mind.org.uk/services/d1/?filter1=edinburgh>

Depression

Apps

- Feeling Good App – audio-based app providing Positive Mental Training. Helpful for depression, anxiety & Stress. Helps improve sleep. Available in English & Polish. Free with login: edinchpcm & password: Positive
- Headspace App – mindfulness activities to help manage anxiety & depression. Monthly cost is £9.99, yearly it is £49.99 but if you are unemployed, you can get a free premium subscription
- Couch to 5K App – using running to help boost mental health & wellbeing. Free

Support Groups & Counselling

- The Mental Health Information Station, Walpole Hall, Palmerston Place, EH12 5AW
 - for anyone affected by mental health & wellbeing difficulties
 - provides a source of support & information including self-help guides, local community groups/activities & support for carers
 - Phone 0131 537 8688 Thursdays, 9.30 am – 4.30 pm or Drop-in Thursdays 10.30 am – 3.00 pm
- North East Edinburgh Counselling service
 - Counselling and Psychotherapy
 - Speak to your GP if interested prior to self-referral
 - <http://neecscounselling.org.uk/>
- Wellspring Scotland Counselling
 - Counselling and Psychotherapy
 - offering a sliding scale payment according to a patient's income
 - <https://www.wellspring-scotland.co.uk/>
- Living Life
 - Free guided self-help & cognitive behavioural therapy over the phone
 - Self refer by phoning 0800 328 9655 (Monday to Friday: 1pm - 9pm)
- EXERCISE COURSE – HEALTHY ACTIVE MINDS THROUGH EDINBURGH LEISURE
 - For those with mild to moderate low mood, anxiety and depression
 - A physical activity programme which aims to help you improve your mental well being
 - Speak to your GP if you would like to be referred
- Edinburgh Self-harm Project by Penumbra taking self-referrals for 1:1 support
 - 16+
 - Phone: 01312296262 or Email: LocalityTeam.Edinburgh@penumbra.org.uk
- The Stafford Centre (103 Broughton Street, EH1 3RZ)
 - Drop-in centre with café for people by mental health & wellbeing difficulties
 - Offers peer support and group activities
 - Open Mon – Thurs 9am to 4pm
 - Phone: 0131 557 0718



Online Resources

- Beating the Blues
 - Online CBT course, confidential & easy to use
 - Recommended by the National Institute for Health & Clinical Excellence for the treatment of depression
 - Referred by your GP, speak to us if interested
 - See more information on website here: <https://www.beatingtheblues.co.uk/>
- Online self-help guide that uses cognitive behavioural therapy (CBT) to improve self-esteem:
 - <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/self-esteem-self-help-guide>
- Mood Gym
 - Free online cognitive behaviour therapy course to learn how to prevent and cope better with symptoms of anxiety and depression
 - <https://moodgym.com.au/>
- Living Life to the Full
 - Free online cognitive behavioural therapy for depression & anxiety.
 - A life skills course that aims to teach how to tackle the demands we meet in our everyday lives
 - Also good for those living with long term conditions
 - <https://littf.com/>
- Mind Mental Health Charity
 - for fact sheets and mental health information
www.mind.org.uk

Anxiety

Apps

- Calm App – resource with sleep stories, music and guided mediation to help manage anxiety. Free.
- No Panic App – aims to help manage panic attacks and anxiety through breathing and body scanning exercises. Free.
- STOPP app – using the STOPP technique to help handle panic attacks, anxiety & stress. Free
- Feeling Good App – audio-based app providing Positive Mental Training. Helpful for depression, anxiety & Stress. Helps improve sleep. Available in English & Polish. Free with login: edinchpcm & password: Positive
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Children & Young People

Apps & Online Resources

- NHS Lothian's information hub for wellbeing in Children
 - <https://children.nhslothian.scot/young-people/wellbeing-hub/>
- Blue Ice App is designed for young people to manage difficult emotion and reduce urges to self-harm. Free
- Mindshift app – for teens & young adults struggling with anxiety, panic attacks, worry and perfectionism. Free.
- RR:Eating Disorder Management App – App using CBT. Free

Support Groups

- The Junction, Leith
 - Range of support services for young people aged 12-21
 - Walk In – Mondays 4-7pm, Drop In – Wednesdays 4-7pm, Digital Drop In – Thursday 4 – 7pm (phone, video call, Whatsapp, text or email)
 - <https://the-junction.org/>
 - Text 07758348850 or email support@the-junction.org to arrange
- Cairn Service (6VT Edinburgh City Youth Cafe)
 - young People, aged 10-25 who have experienced crime
 - Monday – Friday: 9am – 5pm
 - Self-refer via: https://www.6vt.info/lets_talk or phone 0131 229 1797
- Citadel Youth Centre, Leith
 - Run youth groups up to the age of 21, young mums' groups up to the age of 21, & family support groups
 - Also run employability support service for those aged 15-21
 - Can self-refer via: <https://citadelyouthcentre.org.uk/>
- Edinburgh Self-harm Project by Penumbra taking self-referrals for 1:1 support
 - 16+
 - Phone: 01312296262 or Email: LocalityTeam.Edinburgh@penumbra.org.uk

Parenting Resources

Apps, Phone Lines & Online Resources

- Mush App
 - Free app that helps Mums connect with other Mums to offer support & friendship
- Dads Rock
 - WhatsApp group for Dads in Edinburgh to share hints and tips on parenting and support one another
 - <https://www.dadsrock.org.uk/>
- ParentLine Scotland
 - free, confidential, parent support helpline for anyone caring for a child in Scotland needing advice and support
 - Ph: 0800 028 2233 or email parentlinescotland@children1st.org.uk
- CrossReach Perinatal Service
 - Offer perinatal counselling & therapy
 - Donation-based & fixed-fee services available
 - Ph: 0131 538 7288 or access via <https://www.crossreach.org.uk/>

Support Groups

- Citadel Youth Group
 - young mums up to age 21
 - family group support
 - <https://citadelyouthcentre.org.uk/>
- Juno Perinatal Mental Health Support Groups
 - for mums and mums-to-be who are struggling emotionally from early pregnancy up until when their baby is around 2 years old
 - <https://www.juno.uk.com/>
- Dr Bells Family Centre, Leith
 - offer a variety of holistic services to help support parents and young families including counselling, support groups, group activities
 - Phone 01315530100 or <https://drbells.co.uk/>

Carers Support

- VOCAL
 - Charity running training & leisure events, information & support to unpaid carers
 - <https://www.carerstraining.co.uk/>
 - also run counselling for carers
 - <https://www.vocal.org.uk/carer-support/care-for-yourself/emotional-support/counselling-for-carers/>
 - Self-referral & free
- Eric Liddel Centre
 - Befriending for unpaid carers
 - <https://www.ericliddell.org/befriending/>
 - Also run carers programme with wellbeing classes, events, talks & trips for unpaid carers

Bereavement

- Information & Guidance on Grief
 - <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/>
- Tips to help coping with Grief
 - <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>
- Cruse Bereavement Support charity
 - info@crusescotland.org.uk
 - Phone 0808 802 6161
 - <http://www.crusescotland.org.uk/contact.html>
- Bereavement Counselling
 - <http://www.wellspring-scotland.co.uk/page.php?pageid=fag>
- Held in Our Hearts
 - counselling and support for families affected by bereavement of a child
 - <https://heldinourhearts.org.uk/>
- SANDS
 - Charity to support anyone who has been affected by the death of a baby
 - <https://www.sands.org.uk/>

Financial

- The Advice Shop
 - professional information, advice & advocacy service providing assistance to anyone living in Edinburgh & can advise on benefits and debt
 - <https://www.edinburgh.gov.uk/benefits-grants/advice-shop>
- Money Advice Service (Edinburgh Food Project)
 - debt & welfare rights advisers
 - a holistic service including referrals to clothing & food banks, benefits, debt management, employability
 - Phone 07956 300 121 or view their drop in calendar here:
<https://edinburghfoodproject.org/support-services-calendar/>
- Citizens Advice Edinburgh
 - specialise in Welfare Rights (Benefits), Debt, Budgeting, Employment, Housing, Energy, Immigration, Consumer Rights and Health
 - <https://www.citizensadviceedinburgh.org.uk/>

Drug & Alcohol Misuse

- ELSA Counselling Service
 - People >18yrs with issues with alcohol use
 - Also support for relatives/loved ones
 - Has drop in services, advice, information and 1-1 counselling
 - Ph: 0131 337 8188 or email elca@btconnect.com
- Crew (32 Cockburn Street, EH1 1PB)
 - Drop-in service open Monday to Saturday (See website for opening times)
 - up to 30 free counselling sessions for people concerned about their stimulant and other drug use
 - self-referral & free
 - Email: dropin@crew2000.org.uk or Free text: 07860047501
 - <https://www.crew.scot/what-we-do/counselling-services/>
- Turning Point (5 Links Place, EH6 7EZ)
 - Recovery service focusses on supporting people with problematic alcohol and other drug use
 - <https://www.turningpointscotland.com/getting-support/edinburgh/north-east-edinburgh-recovery-service/>
 - Phone 0131 554 7516 or email edinburghservices@turningpointscotland.com
- Simpson House Counselling & Recovery Service (52 Queen Street, 3NS)
 - A confidential counselling & recovery service for adults affected by drug use
 - Phone: 0131 225 6028 from 9.00 am - 5.00 pm (Monday to Friday)

Victims of Abuse

- Counselling for Survivors of Sexual Abuse
 - free counselling for those aged 18+
 - Self-refer via link below
 - https://www.health-in-mind.org.uk/services/counselling_for_survivors_of_sexual_abuse_edinburgh/d168/
- Trauma Support
 - for men & women who are survivors of childhood sexual abuse or for men who have experienced sexual/domestic abuse as adults
 - Self-refer via link below
 - https://www.health-in-mind.org.uk/services/trauma_support_edinburgh/d159/
- Women's Aid
 - Drop-in and Phone Support for domestic abuse survivors
 - Open Monday – Saturday on 4 Cheyne Street.
 - 24 hours National helpline 0800 027 1234
 - <https://edinwomensaid.co.uk/womens-support/crisis-counselling/>
- Edinburgh Rape Crisis Centre (17 Claremont Crescent, EH7 4HX)
 - specialist trauma-informed support to women, all members of the trans community, non-binary people and young people aged 12 – 18 who have experienced any form of sexual violence at any time in their lives
 - Free & can self-refer
 - Open Monday – Friday
 - Phone 0131 557 6737
 - <https://www.ercc.scot/who-we-support-and-our-services/>
 - Rape Crisis Scotland's national helpline: 08088 010302

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