

## OTHER SOURCES OF HELP

We try to keep this information list as up to date as possible however a service can cease, contacts can change and please know that a **website may not be secure**.

**Edspace** [www.edspace.org.uk](http://www.edspace.org.uk) is an easy to use **mental health and wellbeing** information website provides details of a WIDE VARIETY of support services available in Edinburgh, (including details of Depression and Anxiety support groups)

## EMERGENCY HELP

**For Urgent Help and advice call NHS 24: FREEPHONE 111** This is an **urgent out of hours** health advice service, available when other sources of support are closed. You can access this, on either a landline or mobile and it is always **free of charge**. **GP out-of-hours services refer patients to this 111 number**. The following services can also be used in an **emergency**

<b>Edinburgh Crisis Centre</b>	Call Free phone <b>0808 801 0414</b> Text phone <b>07974429075</b>
<b>Social Work Emergency Service</b>	Call Free phone <b>0800 731 6969</b>
<b>Royal Edinburgh Hospital</b>	<b>0131 537 6000</b> Please Ask for the <b>Emergency Team</b>

## HELP PHONELINES

**Samaritans Freephone 116 123** (open 24 hours) *"If you are struggling to cope, you can talk to us about whatever you are going through"* Some branches can offer facilities for you to come in and talk to a volunteer face to face **Edinburgh & Lothians 0131 221 9999** (local charges) [www.samaritans.org](http://www.samaritans.org) [jo@samaritans.org](mailto:jo@samaritans.org)

**Breathing Space Freephone 0800 83 85 87** Confidential phone line for when you are feeling low, anxious or depressed. *'Pick up the phone, we're here to listen'* Mon-Thurs 6pm-2am /Fri-Mon 6pm-6am [www.breathingspace.scot](http://www.breathingspace.scot)

**Edinburgh Women's Aid 0131 315 8110** Help and support for female victims of domestic abuse If our phone line is busy or closed please call our national 24 hour helpline **Freephone 0800 027 1234** [www.edinwomensaid.co.uk](http://www.edinwomensaid.co.uk) ( [www.edinwomensaid.co.uk/contact-us/](http://www.edinwomensaid.co.uk/contact-us/) has details of local drop in sessions)

**Men's Advice Line 0808 801 0327** Mon-Fri:9am-5pm Help & support for male victims of domestic abuse [www.mensadvice.org.uk](http://www.mensadvice.org.uk)

**Respect Helpline 0808 802 4040** Mon-Fri:9am-5pm Information & advice for people who are abusive towards their partners & want help to stop [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

**Edinburgh Women's Rape & Sexual Abuse Centre. Helpline 0131 556 9437** Free and confidential support, information & advocacy for *women* & girls (12+) having experienced sexual violence at any time in their lives [www.ewrasac.org.uk](http://www.ewrasac.org.uk)

**Trauma Counselling Line Scotland (TCLS) Call Freephone 0808 802 0406** Mon - Wed:2-6pm Fri: 9am -3pm If you have experienced abuse as a child, you can access our free, confidential counselling [http://www.health-in-mind.org.uk/services/trauma\\_counselling\\_line\\_scotland/d15/](http://www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/)

**The Spark. Relationship Helpline Freephone 0808 802 2088 Counselling enquiries 0808 802 0055** [www.thespark.org.uk](http://www.thespark.org.uk)

**Parentline Scotland Freephone 08000 282 233** *"whatever it is that is affecting your famil,we are here to help "* [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

## **COUNSELLING SERVICES (Offering Voluntary Donation/ Free of charge Options)**

**The Junction** [www.the-junction.org](http://www.the-junction.org) 0131 553 0570 Safe, friendly, confidential centre offering various health-related **services & support for young people aged 12-21** in Leith and NE Edinburgh area. Includes drop in counselling service and one to one support [info@the-junction.org](mailto:info@the-junction.org)

**Cruse Bereavement Care** [www.crusescotland.org.uk](http://www.crusescotland.org.uk) 0845 600 2227 National charity offering free, confidential help to bereaved people [info@crusescotland.org.uk](mailto:info@crusescotland.org.uk)

**PF Counselling Service** [www.pfcounselling.org.uk](http://www.pfcounselling.org.uk) 0131 447 0876 Provides counselling & psychotherapy in Edinburgh for people facing the difficulties of everyday life. [info@pfcounselling.org.uk](mailto:info@pfcounselling.org.uk)

**CrossReach Counselling Lothians** [www.crossreach.org.uk](http://www.crossreach.org.uk) 0131 552 8901 Provides generic counselling throughout Edinburgh & the Lothians [ccl@crossreach.org.uk](mailto:ccl@crossreach.org.uk)

**Hope Park Counselling Service** [www.ed.ac.uk/health/hopepark](http://www.ed.ac.uk/health/hopepark) 0131 650 6696 Offering counselling to individuals (16 years+) living in the Edinburgh area. [counselling@hopepark.org.uk](mailto:counselling@hopepark.org.uk)

**Pilton Community Health Project** [www.pchp.org.uk/projects/adult-counselling](http://www.pchp.org.uk/projects/adult-counselling) 0131 551 1671 Funded to cover the catchment area of Muirhouse, Pilton, West Pilton, Granton & Royston, and Wardieburn. Counsellors experienced in issues affecting emotional and mental well-being [admin@pchp.org.uk](mailto:admin@pchp.org.uk)

**Saheliya** [www.saheliya.org.uk](http://www.saheliya.org.uk) 0131 556 9302 Specialist mental health & well-being support organisation specifically for black & minority ethnic (BME) women & girls (12+) [info@saheliya.co.uk](mailto:info@saheliya.co.uk)

**Health in Mind** [www.health-in-mind.org.uk/](http://www.health-in-mind.org.uk/) 0131 225 8508 Charity promoting positive mental health and wellbeing offering help across many differing sectors.

**Simpson House** [www.simpson-house.org](http://www.simpson-house.org) 0131 225 6028 Provides counselling for people affected by their own or another's drug use, recovery support groups, recovery one to one appointments and work with children and young people affected by parental substance abuse [simpsonhouse@crossreach.org.uk](mailto:simpsonhouse@crossreach.org.uk)

**Edinburgh & Lothian Council on Alcohol** [www.elcaalcohol.co.uk](http://www.elcaalcohol.co.uk) 0131 337 8188 Offers help to anyone worried about their own or someone else's drinking [elca@btconnect.com](mailto:elca@btconnect.com)

**Lothian Deaf Counselling Service** [www.services.nhslothian.scot/DeafCounsellingService](http://www.services.nhslothian.scot/DeafCounsellingService) Freephone 0800 804 7462 (voice) Mon-Fri: 9am-5pm Counselling service for deaf, deafened, hard of hearing and deafblind adults living in Lothian areas

### **Edinburgh Counselling Services: Fee Paying**

SOME may operate a sliding scale according to circumstances

**Relationships Scotland** [www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk) 0345 119 2020 Counselling, mediation & family support. *Fee or donation, depending on which service use* [enquiries@relationships-scotland.org.uk](mailto:enquiries@relationships-scotland.org.uk)

**Contact Counselling** [www.contactcounselling.co.uk](http://www.contactcounselling.co.uk) 0131 466 4597 [enquiries@contactcounselling.co.uk](mailto:enquiries@contactcounselling.co.uk)

**Bright Light Counselling** [www.bright-light.org.uk](http://www.bright-light.org.uk) 0131 556 1527 offers a welcoming, safe, and confidential space to express thoughts and feelings about what is happening in your life [askus@bright-light.org.uk](mailto:askus@bright-light.org.uk)

**LinkLiving Counselling & Therapy** 0131 625 0777 [lct@linkhalt.co.uk](mailto:lct@linkhalt.co.uk)

**Wellspring** [www.wellspring-scotland.co.uk](http://www.wellspring-scotland.co.uk) 0131 553 6660 [mail@wellspring-scotland.co.uk](mailto:mail@wellspring-scotland.co.uk)

## **ORGANISATIONS offering Help, Information & Support but not specifically counselling**

**Victim Support** [www.victimsupportsco.org.uk](http://www.victimsupportsco.org.uk) 0131 668 4486 [info@victimsupportsco.org.uk](mailto:info@victimsupportsco.org.uk)

**Link Up Women's Support Centre** [www.link-upsupport.co.uk](http://www.link-upsupport.co.uk) 0131 661 9292 Providing a safe caring environment in the community for women in North East Edinburgh who suffer from mental health problems and social isolation [info@link-upsupport.co.uk](mailto:info@link-upsupport.co.uk)

**Health All Round** [www.healthallround.org.uk](http://www.healthallround.org.uk) 0131 337 1376 Supports people living in Gorgie, Dalry, Saughton, Stenhouse & surrounding areas of Edinburgh, providing services focusing on physical, social & emotional wellbeing [info@healthallround.org.uk](mailto:info@healthallround.org.uk)

**The Health Agency** 0131 453 9400 Seeks to enable people living in the Wester Hailes area to take action that makes a positive impact on their own and their community's physical, mental and emotional well-being [info@thehealthagency.org.uk](mailto:info@thehealthagency.org.uk)

**LGBT Helpline** 0300 123 2523 12 - 9pm Tues & Wed [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk) Details Support and Community services [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

**VOCAL** [www.vocal.org.uk](http://www.vocal.org.uk) 0131 622 6666 supports and empowers unpaid carers [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

**Advocard** [www.advocard.org.uk](http://www.advocard.org.uk) 0131 554 5307 Advocacy service; help in making your wishes clear in the service you receive [advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk)

**Edinburgh Carers Council** [www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk) 0131 270 6087 For carers of those who use mental health services [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

**Grapevine** [www.lothiancil.org.uk](http://www.lothiancil.org.uk) 0131 475 2370 Text 0131 475 2463 Disability information service [grapevine@lothiancil.org.uk](mailto:grapevine@lothiancil.org.uk)

**North East Edinburgh Recovery Hub** 0131 554 7516 Drop-in services for people affected by their own or someone else's alcohol or drug use [www.turningpointscotland.com/edinburgh/](http://www.turningpointscotland.com/edinburgh/)

**The Stafford Centre** [www.staffordcentre.org.uk](http://www.staffordcentre.org.uk) 0131 557 0718. Resource centre for people with mental health issues offering groups, drop-in, café & small counselling service [staffordcentre@lycos.co.uk](mailto:staffordcentre@lycos.co.uk)

**Caledonia Youth** [www.caledoniayouth.org](http://www.caledoniayouth.org) 0131 229 3596 (for young people) 0131 229 1402 (for professionals, youth workers, parents and carers) Sexual health & relationships, for young people up to 25yrs [information@caledoniayouth.org](mailto:information@caledoniayouth.org)

**The Thistle Foundation** [www.thistle.org.uk](http://www.thistle.org.uk) Variety of SUPPORT Services

**Multi-Cultural Family Base** [www.mcfb.org.uk](http://www.mcfb.org.uk) 0131 553 4313 / 0131 467 7052 Promoting the wellbeing & life opportunities of vulnerable and disadvantaged children, young people and families [management@mcfb.org.uk](mailto:management@mcfb.org.uk)

**Dr Bell's Family Centre** [www.drbell.co.uk](http://www.drbell.co.uk) 0131 553 0100 Supporting families in Leith [administrator@drbellsletih.org.uk](mailto:administrator@drbellsletih.org.uk)

**Firsthand Lothian** [www.firsthand-lothian.org.uk](http://www.firsthand-lothian.org.uk) 0131 523 1322 Supports disadvantaged families & children with disabilities to achieve their full potential [info@firsthand-lothian.org.uk](mailto:info@firsthand-lothian.org.uk)

**Positive Help** [www.positivehelpedinburgh.co.uk](http://www.positivehelpedinburgh.co.uk) 0131 225 4766 providing practical help to children and adults in Edinburgh who live with HIV or Hepatitis C [admin@positivehelpedinburgh.co.uk](mailto:admin@positivehelpedinburgh.co.uk)

**CAPS Independent Advocacy** [www.capsadvocacy.org](http://www.capsadvocacy.org) 0131 273 5116 works with mental health service users to assist in setting own agenda, find a stronger voice, and influence decisions which affect their lives. [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

**FINDING A COUNSELLOR IN PRIVATE PRACTICE**  
**FEES WILL APPLY**

**British Association for Counselling and Psychotherapy (BACP)** [www.bacp.co.uk](http://www.bacp.co.uk) 01455 883300 [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

**British Association for Behavioural and Cognitive Psychotherapists (BABCP)**  
[www.babcp.com](http://www.babcp.com) 0161 705 4304 [babcp@babcp.com](mailto:babcp@babcp.com)

**COSCA (Counselling and Psychotherapy in Scotland)** [www.cosca.org.uk](http://www.cosca.org.uk) 01786 475140  
Information on Services throughout Scotland [info@cosca.org.uk](mailto:info@cosca.org.uk)

**Edinburgh Gestalt Institute** [www.egi.uk.com/therapy/therapists](http://www.egi.uk.com/therapy/therapists) 0131 228 3841  
[info@egi.uk.com](mailto:info@egi.uk.com)