**Wellness Support Leaflet**

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**Employee Assistance Programme**

**ESC Employee Assistance Programme - AXA Health**

Confidential support and reliable information for ESC employees. Access the AXA welcome pack [here](file:///O:\Staff\2021-22\Counselling%20support%20services\Welcome%20Pack) for all the programme details (internal link)

Call **0800 072 7072 (24 hours, 365 days)**

**Access online help when you need it through the BeSupported programme**

| **Theme** | **Helplines** | **Useful Websites and Email** |
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| **Emergency Mental Health Support**  **Emergency Mental Health Support**  **Emergency Mental Health Support**  **Emergency Mental Health Support** | **NHS 24**  *Urgent health advice out of hours (when your GP is closed)*   * Call **111** | **NHS Inform**   * <https://www.nhsinform.scot/illnesses-and-conditions/mental-health> |
| **Samaritans**  *A safe place for people to talk anytime, in their own way, about what’s getting to you*   * Call **116 123** | **Samaritans**   * [www.samaritans.org](http://www.samaritans.org) * Email: [jo@samaritans.org](mailto:jo@samaritans.org) |
| **Edinburgh Crisis Centre**  *Help if you are experiencing a mental health crisis and need to talk to someone*   * Call **0808 801 0414** * Text 07974 429075 | **Edinburgh Crisis Centre**   * Email: [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk) |
| **Mental Health Information Station**  *First stop for mental health information and resources*   * Call **0131 537 8688**   **10 mins walk from Thistle House** | **Mental Health Information Station**   * **Email:** [MentalHealthInformaton@nhslothian.scot.nhs.uk](mailto:MentalHealthInformaton@nhslothian.scot.nhs.uk)   A close up of a map  Description automatically generated |
| **Breathing Space**  *Free, confidential service for anyone feeling low, anxious or depressed*   * Call **0800 838 587** | **Breathing Space**   * [www.breathingspace.scot](http://www.breathingspace.scot) |
| **Papyrus Hopeline UK**  *Free help for children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide*   * Call **0800 328 9655** * Text 07860 039967 | **Papyrus Hopeline UK**   * [www.papyrus-uk.org](http://www.papyrus-uk.org) |
| **NHS Lothian Mental Health Assessment Service**   * **0131 537 6000** | **NHS Lothian Mental Health Assessment Service**   * <https://www.edinburgh.gov.uk/get-care-support/contact-crisis/2> |
| **SHOUT**  *Crisis Text Service*   * Text YM to **85258** |  |
| **Glasgow Mental Health Services**  *Out of hours Community Psychiatric Nurse service*   * Call **0845 650 1730** | **Glasgow Mental Health Services**   * <https://www.nhsggc.scot/your-health/right-care-right-place/mental-health/>   **Heads Up – Mental Health Support**   * <https://www.nhsggc.scot/your-health/heads-up-mental-health-support/> |
| **NHS Lanarkshire – Urgent Help**  **NHS 24**  *Urgent health advice out of hours (when your GP is closed)*  Call **111** | **NHS Lanarkshire – Urgent Help**   * <https://www.lanarkshiremindmatters.scot.nhs.uk/urgent-help/> |
| **NHS Fife – Mental Health Emergency Services**  **NHS 24**  *Urgent health advice out of hours (when your GP is closed)*  Call **111** | **NHS Fife – Mental Health Emergency Services**   * <https://www.nhsfife.org/services/all-services/mental-health/mental-health-emergency-services/> |
| **General Mental Health Support**  **General Mental Health Support**  **General Mental Health Support** | **Anxiety UK**  *Offers a range of support for all anxiety conditions (open Mon-Fri 09:30 – 17:30)*   * Call **03444 775 774** | **Anxiety UK**   * <https://www.anxietyuk.org.uk/> |
| **Bipolar Scotland**  *Open to those with bi-polar and their family and friends*   * Call **0141 560 2050** | **Bipolar Scotland**   * <https://bipolarscotland.org.uk/> * **Email:** [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk) |
| **Life SIGNS**  *Self-injury support* | **Life SIGNS**   * <https://www.lifesigns.org.uk/> |
| **Living Life to the Full**  *Free online courses covering low mood, stress and resilience* | **Living Life to the Full**   * <https://llttf.com/> |
| **Hearing Voices Network**  *Access various group support networks across Scotland* | **Hearing Voices Network**   * <https://www.hearing-voices.org/groups/scotland-hvn/> |
| **Mental Welfare Commission for Scotland**  *Can advise on rights and good practice for mental health and incapacity law and care and treatment*   * Call **0800 389 6809** | **Mental Welfare Commission for Scotland**   * <https://www.mwcscot.org.uk/contact-us> * **Email:** [mwc.enquiries@nhs.scot](mailto:mwc.enquiries@nhs.scot) |
| **Mind**  *Information and support for those living with a mental health problem or supporting someone who is (open Mon – Fri 09:00 – 18:00)*   * Call **0300 123 3393** | **Mind**   * <https://www.mind.org.uk/> * **Email:** [info@mind.org.uk](mailto:info@mind.org.uk) |
| **NHS Living Life**  *Offers support to people in Scotland through cognitive behavioural therapy (open Mon – Fri 13:00 – 21:00)*   * Call **0800 328 9655** | **NHS Living Life**   * <https://www.nhs24.scot/our-services/living-life/> |
| **No Panic**  *Support for those with panic disorders (open 10:00 – 22:00)*   * Call **0300 772 9844** | **No Panic**   * <https://nopanic.org.uk/> |
| **OCD Action**  *Support for those living with OCD or their family, carers and friends*   * Call **0300 636 5478** | **OCD Action**   * <https://ocdaction.org.uk/> * **Email:** [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk) |
| **OCD-UK**  *Support, education and recovery for those living with OCD or their family, carers and friends (open Mon – Fri 09:00 – 12:00)*   * Call **01332 588112** | **OCD-UK**   * <https://www.ocduk.org/> |
| **Scottish Recovery Network**  *Mental Health Recovery network*   * Call **0300 323 9956** | **Scottish Recovery Network**   * <https://www.scottishrecovery.net/contact/> |
| **SAMH (Scottish Association for Mental Health)**  *Support for all Scotland’s Mental Health* | **SAMH (Scottish Association for Mental Health)**   * <https://www.samh.org.uk/> |
| **Addiction Support**  **Addiction Support** | **NHS Drug Addiction Services**  *Online directory of over 200 agencies in Scotland who can help with drug treatment and care* | **NHS Drug Addiction Services**   * <https://www.scottishdrugservices.com/> |
| **NHS Alcohol Support**  *Support services for those impacted by alcohol addiction* | **NHS Alcohol Support**   * <https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/> |
| **Alcoholics Anonymous**  *Personal recovery fellowship for those with alcohol addiction*   * Call **0800 9177 650** | **Alcoholics Anonymous**   * <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/scotland> * **Email:** [help@aamail.org](mailto:help@aamail.org) |
| **Gamblers Anonymous Scotland**  *Personal recovery fellowship for those with gambling addiction*   * Call **0370 050 881** | **Gamblers Anonymous Scotland**   * <https://ga-scotland.org/> |
| **Narcotics Anonymous Scotland**  *Support for those in recovery or who have on-going drug addiction (open 10:00 – midnight)*   * Call **0300 999 1212** | **Narcotics Anonymous Scotland**   * <https://ukna.org/> |
| **Scottish Families Affected by Drugs and Alcohol**  *Support for anyone impacted by someone else’s alcohol or drug use*   * Call **08080 10 10 11** | **Scottish Families Affected by Drugs and Alcohol**   * <https://www.sfad.org.uk/> * **Email:** [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk) |
| **Bereavement** | **Beautiful inside and out**  *Hosts support information for the families of those affected by suicide*   * Call **07984328808** | **Beautiful inside and out**   * <https://www.ataloss.org/faqs/beautiful-inside-and-out> |
| **Cruse Scotland Bereavement Support**  *Support for those who are grieving*   * Call **0808 802 6161** | **Cruse Bereavement Support**   * <https://www.cruse.org.uk/get-support/helpline/> |
| **NHS inform**  *Hosts resources for those impacted by death and bereavement* | **NHS inform**   * <https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement> |
| **Marie Curie Scotland**  *Helpline for anyone affected by the death of a loved one*   * Call 0800 090 2309 | **Marie Curie Scotland**   * <https://www.mariecurie.org.uk/who/what-we-do/marie-curie-scotland> |
| **Black, Asian and Ethnic Minority Focused Support** | **Amina Helpline**  *Support and signposting services for Muslim women across Scotland*   * Call **0808 801 0301** | **Amina Helpline**   * <https://mwrc.org.uk/helpline/> |
| **Saheliya**  *Specialist mental health and well-being support for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+)*   * Call Edinburgh: **0131 556 9302** * Call Glasgow: **0141 552 6540** | **Saheliya**   * <https://www.saheliya.co.uk/> |
| **Scottish Refugee Council**  *Independent charity dedicated to supporting people in need of refugee protection*   * Call **0808 196 7274** | **Scottish Refugee Council**   * <https://scottishrefugeecouncil.org.uk/> |
| **Carers** | **Carers UK Helpline**  *Support for carers UK wide*   * Call **0808 808 7777** | **Carers UK Helpline**   * <https://www.carersuk.org/help-and-advice/helpline-and-other-support/> * **Email:** [advice@carersuk.org](mailto:advice@carersuk.org) |
| **Carers Trust**  *Support for carers UK wide* | **Carers Trust**   * <https://carers.org/help-and-info/introduction> |
| **Care Information Scotland**  *Support for carers UK wide*   * Call **0800 011 3200** | **Care Information Scotland**   * <https://www.careinfoscotland.scot/topics/support-for-carers/> |
| **Criminal Justice** | **Criminal Justice Alliance**  *Advocacy organisation providing links to support*   * Call **0208 064 2218** | **Criminal Justice Alliance**   * <https://www.criminaljusticealliance.org/about-the-cja/where-to-find-help/> |
| **Victim Support Scotland**  *Empowering people affected by crime*   * Call **0800160 1985** | **Victim Support Scotland**   * <https://victimsupport.scot/> |
| **Families Outside**  *Supports families affected by imprisonment*   * Call 0800 254 0088 | **Families Outside**   * <https://www.familiesoutside.org.uk/> * **Email:** [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk) * Text: **FAMOUT to 60777** |
| **Domestic Violence and Gender Based Violence**  **Domestic Violence and Gender Based Violence** | **Scotland’s Domestic Abuse & Forced Marriage Helpline**  *Support and advice in multiple language options*   * Call **0800 027 1234** | **Scotland’s Domestic Abuse & Forced Marriage Helpline**   * <https://www.sdafmh.org.uk/en/> * **Email:** [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk) |
| **Galop**  *Support for LGBT+ people who have experienced abuse or violence*   * Call **0800 999 5428** | **Galop**   * <https://galop.org.uk/> * **Email:** [help@galop.org.uk](mailto:help@galop.org.uk) |
| **Respect Men’s Advice Helpline**  *The helpline for male victims of domestic abuse*   * Call **0808 8010 327** | **Respect Men’s Advice Helpline**   * <https://mensadviceline.org.uk/> * **Email:** [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk) |
| **The Rosey Project**  *Sexual violence prevention and support service for young women and girls in the Glasgow and Clyde area*   * Call **0808 800 0014** | **The Rosey Project**   * <https://www.roseyproject.co.uk/> |
| **Rape Crisis Scotland**  Support for people of all genders living in Scotland aged 13+ who have been affected by sexual violence   * Call **08088 010302** * Text: **07537 410 027** | **Rape Crisis Scotland**   * <https://www.rapecrisisscotland.org.uk/help-helpline/> * **Email:** [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk) |
| **The National Stalking Helpline**  *Support and information for those affected by harassment and intimidation by the behaviour of another person*   * Call **0808 802 0300** | **The National Stalking Helpline**   * <https://www.suzylamplugh.org/pages/category/national-stalking-helpline> * **Email:** [advice@stalkinghelpline.org](mailto:advice@stalkinghelpline.org) |
| **Encompass Network**  *Scottish network of agencies for those involved in or at risk of commercial sexual exploitation* | **Encompass Network**   * <https://www.encompassnetwork.info/who-we-are.html> * **Email:** [info@womenssupportproject.org.uk](mailto:info@womenssupportproject.org.uk) |
| **Eating Disorders** | **Beat**  *Support to end the pain and suffering caused by eating disorders*   * Call **0808 801 0432** | **Beat**   * <https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/> * **Email:** [Scotlandhelp@beateatingdisorders.org.uk](mailto:Scotlandhelp@beateatingdisorders.org.uk) |
| **Mind**  *Information and support service* | **Mind**   * <https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/> |
| **LGBTQ+** | **LGBT+ Helpline Scotland**  *Emotional support and information to the entire diversity of LGBT community across Scotland*   * Call **0800 464 7000** | **LGBT+ Helpline Scotland**   * <https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/> * **Email:** [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk) |
| **Stonewall Scotland**  *LGBTQ+ support and community* | **Stonewall Scotland**   * <https://www.stonewallscotland.org.uk/> |
| **NHS Inform LGBT Helpline**  *Information and support to the entire diversity LGBT community across Scotland*   * Call **0300 123 2523** | **NHS Inform LGBT Helpline**   * <https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/c7ed5164aff64ce0a326846e9293d8c4%201> |
| **Loneliness and Isolation** | **Campaign to End Loneliness**  *Hosts support links and advice for those impacted by loneliness* | **Campaign to End Loneliness**   * <https://www.campaigntoendloneliness.org/> |
| **SupportLine**  *Support for those suffering isolation or loneliness and have experienced abuse*   * Call **01708 765200** | **SupportLine**   * <https://www.supportline.org.uk/> * **Email:** [info@supportline.org.uk](mailto:info@supportline.org.uk) |
| **British Red Cross**  *Provide local support services, workshops and resources to help you deal with and overcome loneliness*   * Call **0808 196 3651** | **British Red Cross**   * <https://www.redcross.org.uk/get-help/get-help-with-loneliness> |
| **The Silver Line**  *Helpline for older people ran by Age UK*   * Call **0800 470 8090** | **The Silver Line**   * <https://www.thesilverline.org.uk/> |
| **Age Scotland**  *The national charity for those over 50 living in Scotland*   * Call **0800 1244 222** | **Age Scotland**   * <https://www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/age-scotland-helpline/> * **Email:** [helpline@agescotland.org.uk](mailto:helpline@agescotland.org.uk) |
| **Disability & Long-Term Conditions**  **Disability & Long-Term Conditions**  **Disability & Long-Term Conditions**  **Disability & Long-Term Conditions**  **Disability & Long-Term Conditions**  **Disability & Long-Term Conditions** | **Asthma + Lung UK**  *UK Lung Health Charity*   * Call **0300 222 5800** * WhatsApp **07378 606 728** | **Asthma + Lung UK**   * <https://www.asthmaandlung.org.uk/> * **Email:** helpline@asthmaandlung.org.uk |
| **Arthritis Action**  *Improving the quality of life of people affected by arthritis*   * Call **0203 781 7120** | **Arthritis Action**   * <https://www.arthritisaction.org.uk/> |
| **Versus Arthritis**  *Support and information for those affected by arthritis*   * Call **0800 5200 520** | **Versus Arthritis**   * <https://www.versusarthritis.org/get-help/> * **Email:** [Helpline@versusarthritis.org](mailto:Helpline@versusarthritis.org) |
| **British Heart Foundation**  *Information and support for those with symptoms of heart disease*   * Call **0300 330 3322** | **British Heart Foundation**   * <https://www.bhf.org.uk/> |
| **Kidney Care UK**  *Kidney patient support charity*   * Call **01420 541 424** | **Kidney Care UK**   * <https://www.kidneycareuk.org/> |
| **National Kidney Federation**  *Kidney patient support charity*   * Call **01909 544 999** | **National Kidney Federation**   * <https://www.kidney.org.uk/> |
| **Cancer Research UK**  *Cancer research, information and support*   * Call **0808 800 4040** | **Cancer Research UK**   * <https://www.cancerresearchuk.org/> |
| **Macmillan Cancer Support**  *Supporting people living with cancer and their loved ones*   * Call **0808 808 0000** | **Macmillan Cancer Support**   * <https://www.macmillan.org.uk/> |
| **The ME Association**  *Support and information for those living with ME/CFS, PVFS and Long Covid*   * Call **0344 576 5326** | **The ME Association**   * <https://meassociation.org.uk/> |
| **Action for ME**  *Information, support and advocacy services*   * Call **0117 927 9551** | **Action for ME**   * <https://www.actionforme.org.uk/> |
| **Diabetes UK**  *Support and information for those affected by Diabetes*   * Call **0345 123 2399** | **Diabetes UK**   * <https://www.diabetes.org.uk/> * **Email:** [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk) |
| **Epilepsy Scotland**  *Support and advice for those living with epilepsy in Scotland*   * Call **0808 800 2200** | **Epilepsy Scotland**   * <https://www.epilepsyscotland.org.uk/contact-us/> * **Email:** [contact@epilepsyscotland.org.uk](mailto:contact@epilepsyscotland.org.uk) |
| **Fibromyalgia Action UK**  *U.K.’s National charity for Fibromyalgia*   * Call **0300 999 3333** | **Fibromyalgia Action UK**   * <https://www.fmauk.org/contactsmenu/helplines> |
| **GUT’s UK**  *Committed to fighting all digestive disorders* | **GUT’s UK**   * <https://gutscharity.org.uk/contact-us/> |
| **Crohn’s and Colitis UK**  *Information, support and advocacy services* | **Crohn’s and Colitis UK**   * <https://crohnsandcolitis.org.uk/> |
| **Royal Osteoporosis Society**  *Information, support and advocacy services*   * Call **0808 800 0035** | **Royal Osteoporosis Society**   * <https://theros.org.uk/> |
| **Pain Concern**  *Improving the lives of people living with pain and those who care for them*   * Call **0300 123 0789** | **Pain Concern**   * <https://painconcern.org.uk/> |
| **RNI:D**  *Supporting people who are deaf, have hearing loss or tinnitus*   * Call **0808 808 0123** * Text 07360268988 | **RNI:D**   * <https://rnid.org.uk/about-us/contact-rnid/> * **Email:** [contact@rnid.org.uk](mailto:contact@rnid.org.uk) |
| **Deaf Action**  *Deaf-led charity that supports and celebrates deaf people*   * Call **0131 556 3128** * WhatsApp 07775 620 757 | **Deaf Action**   * <https://deafaction.org/get-in-touch/> * **Email:** [admin@deafaction.org](mailto:admin@deafaction.org) |
| **RNIB**  *Committed to helping blind and partially sighted people*   * Call **0303 123 9999** | **RNIB**   * <https://www.rnib.org.uk/> * **Email:** [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk) |
| **Sight Scotland**  *Supporting those with sight loss*   * **Call** 0800 024 8973 | **Sight Scotland**   * <https://sightscotland.org.uk/> * **Email:** [supportline@sightscotland.org.uk](mailto:supportline@sightscotland.org.uk) |
| **Capability Scotland**  *Support to ensure equality for disabled people in Scotland*   * Call **0131 337 9876** | **Capability Scotland**   * <https://www.capability.scot/contact-us> |
| **Lothian Centre for Inclusive Living**  *Support for disabled and people and those living with long term conditions across Edinburgh and the Lothians*   * Call **0131 475 2350** | **Lothian Centre for Inclusive Living**   * <https://www.lothiancil.org.uk/> * **Email:** [admin@lothiancouncil.org.uk](mailto:admin@lothiancouncil.org.uk) |
| **Disability Information Scotland**  *Reliable accurate and accessible information for people living with disability in Scotland*   * Call **0300 323 9961** | **Disability Information Scotland**   * <https://www.disabilityscot.org.uk/> * **Email:** [info@disabilityscot.org.uk](mailto:info@disabilityscot.org.uk)   Text: **07984 367599** |
| **Glasgow Disability Alliance**  *Strives to empower disabled people to become leaders in their own lives, communities and wider society*   * Call **0141 556 7103** | **Glasgow Disability Alliance**   * <https://gda.scot/what-we-do/> * **Email:** [info@gdaonline.co.uk](mailto:info@gdaonline.co.uk) * Text: **07958 299 496** |
| **Mencap**  *Advice and support for those with learning disability and their families* | **Mencap**   * <https://www.mencap.org.uk/contact/contact_mencap_direct> |
| **Maternal and Paternal Support and Mental Health Advice**  **Maternal and Paternal Support and Mental Health Advice** | **The Pandas Foundation**  *For parents and their networks who need support with perinatal mental illness*   * Call **0808 1961 766** | **The Pandas Foundation**   * <https://pandasfoundation.org.uk/> |
| **Cry-sis**  *Support for parents with crying and sleepless babies*   * Call **0800 448 0737** | **Cry-sis**   * <https://www.cry-sis.org.uk/> |
| **Father’s Network Scotland**  *Building a father-friendly world, access the Dad’s Directory which has over 200 organisations and services across Scotland who support dads* | **Father’s Network Scotland**   * [info@fathersnetworkscotland.org.uk](mailto:info@fathersnetworkscotland.org.uk) |
| **Maternal Mental Health Scotland**  *Improving the provision of perinatal mental health services* | **Maternal Mental Health Scotland**   * <https://maternalmentalhealthscotland.org.uk/> |
| **NHS Inform**  *LGBT+ paths to parenthood and information if you are having a baby* | **NHS Inform**   * <https://www.nhs.uk/pregnancy/having-a-baby-if-you-are-lgbt-plus/ways-to-become-a-parent-if-you-are-lgbt-plus/> |
| **Rainbow Families**  *Events, information and support for LGBTQI families*   * Call **0800 464 7000** | **Rainbow Families**   * <https://www.lgbthealth.org.uk/services-support/rainbow-families/> |
| **Relationships** | **The Spark – Counselling Helpline**  *Help and support for mental health, your emotions and relationship problems*   * Call **0808 802 2088** | **The Spark – Counselling Helpline**   * <https://www.thespark.org.uk/> |
| **Relationships Scotland**  *Counselling, mediation, and family support across Scotland*   * Call **0345 119 2020** | **Relationships Scotland**   * <https://www.relationships-scotland.org.uk/> |
| **Financial Support and General Consumer Advice**  **Financial Support and General Consumer Advice** | **Advice Direct Scotland**  *Providing free and independent advice to the citizens of Scotland* | **Advice Direct Scotland**   * <https://advicedirect.scot/who-we-are/> |
| **Citizens Advice Scotland**  *Providing free and independent advice to the citizens of Scotland*   * Call **0800 028 1456** | **Citizens Advice Scotland**   * <https://www.cas.org.uk/> |
| **National Debt Line**  *Advice and support about managing debt*   * Call **0808 808 4000** | **National Debt Line**   * <https://www.nationaldebtline.org/> |
| **Money Advice Scotland**  *Tools to help with debt* | **Money Advice Scotland**   * <https://www.moneyadvicescotland.org.uk/resources-for-people-with-money-worries> |

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