## **SUPPORT LEAFLET**

**Emergency Helplines**:

NHS Lothian Mental Health Assessment Service - 0131 537 6000

NHS 24 - 111

Samaritans – 116 123

Edinburgh Crisis Centre - 0808 801 0414 (Text – 07974429075, Email - [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk))

Breathing Space - 0800 83 85 87

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

**Local Support**:

NHS Lothian Mental Health Assessment Service - 0131 537 6000

<https://services.nhslothian.scot/MentalHealthAssessmentService/Pages/default.aspx>

NHS Lothian Mental Health Information Station (approx. 10 minutes walk from Thistle House)

<https://services.nhslothian.scot/mentalhealthinformationstation/Pages/default.aspx>

A screenshot of a cell phone

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NHS Fife - <https://fifedirect.org.uk/nhs/index.cfm?fuseaction=nhs.pagedisplay&p2sid=F49DA9DD-DEBB-8700-41D079FA686C33D1&themeid=3B984BF2-65BF-00F7-D42941481355468F>

NHS Greater Glasgow and Clyde - <http://www.headsup.scot/services-and-support/what-support-is-there-for-you/>

Edinburgh Crisis Centre - <http://www.edinburghcrisiscentre.org.uk/wordpress/index.php/help-now/>

Edspace - <https://edspace.org.uk/>

Scottish Association for Mental Health (SAMH) - <https://www.samh.org.uk/>

Health in Mind - <https://www.health-in-mind.org.uk/>

Support in mind Scotland (support for carers as well as those suffering) - <https://www.supportinmindscotland.org.uk/>

**On line information and support**:

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.nhs.uk/apps-library/category/mental-health/>

<https://services.nhslothian.scot/stresscontrol/Pages/Helpful-Resources.aspx>

<https://breathingspace.scot/>

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

<https://www.mind.org.uk/information-support/tips-for-everyday-living/online-mental-health/online-mental-health-tools/>

<https://www.cope-scotland.org/>

**Other**:

Scotland’s professional body for counselling and psychotherapy (including a directory of registered therapists) - <http://www.cosca.org.uk/>