

Mental health information and free self-help resources

Royal College of Psychiatrists www.rcpsych.ac.uk/mentalhealthinformation.aspx

Up-to-date information, wide range of printable leaflets & resources on website.

e.g Depression; Depression in Older Adults/ in the workplace/Postnatal ; Alcohol & Depression; Bereavement, Antidepressants; CBT; Anxiety and phobias; Coping with Trauma; Stress; Anorexia; Obsessive Compulsive Disorder

MIND <http://www.mind.org.uk/information-support/>

HelpGuide <http://www.helpguide.org> (info - including Burnout, Separation, Bullying, Anger)

Mental health information leaflets available in many different languages

Edspace www.edspace.org.uk

Edinburgh based - mental health information & local resources

Living Life to the Full <http://www.livinglifetothefull.com/>

Online version of CBT based self help materials, relaxation sound & modules

Mood Gym <http://www.moodgym.anu.edu.au/>

Australian website which uses CBT to develop skills for preventing & coping with depression

Mood juice www.moodjuice.scot.nhs.uk

self-help information on depression, anxiety, stress, panic and sleep problems

Mindfulness. Finding Peace in a Frantic World. Mark Williams **Book & CD** Guided meditations

• Useful Telephone Numbers for support

NHS 24	111	24 hour helpline for medical problems
Samaritans	08457 90 90 90	24hrs crises helpline www.samaritans.org.uk
Breathing Space	0800 83 85 87	Helpline for low moods – 7days, 6pm -2am www.breathingspacescotland.co.uk
Edinburgh Crisis Centre	0808 801 0414	24 hour helpline - for mental health difficulties.
Women's Aid	0800 027 1234 or 0131 315 8110	www.scottishwomensaid.co.uk
Victim Support	0845 603 9213	
Citizens Advice Bureau	Tel: 0131 554 8144, 166 Great Junction St.	www.cas.org.uk
Leith Jobcentre Plus	Tel: 0131 555 8000	www.jobcentreplus.gov.uk

• Counselling and Support Agencies

NE Edinburgh Counselling Service www.neecscounselling.org.uk Tel: 0131 557 4478

31 Haddington Place (on Leith Walk) EH7 4AG Counselling helps you to explore & understand your feelings and difficulties, enabling you to make changes and cope better.

Health in Mind www.health-in-mind.co.uk Tel: 0131 225 8508 40 Shandwick Place

Resource Centre; **Stress Control Classes** x6 CBT based; a befriending scheme; an OCD support group; counselling for adult survivors of sexual abuse; support for black and minority ethnic men.

Mental Health Information Station = Drop in = Thursdays 11am–3pm Advice, guidance, info & coffee
For anyone affected by mental health issues. Walpole Hall St Mary's Cathedral Palmerston Place EH12 54W

Living Life – NHS Telephone service: 0800328 9655 Guided self-help or CBT: to help if feel low or anxious

Saheliya Ethnic Minority Women's support www.saheliya.org.uk 556-9302 10 Union St

CRUSE Bereavement counselling www.crusescotland.org 229-6275 3 Rutland Sq

Vocal Counselling & support for Carers www.vocal.org.uk 622-6666 8-13 Johnstone Terrace

LGBT Counselling – for lesbian gay bisexual or transgender <http://www.lgbthealth.org.uk/> 523 1100

ELCA Alcohol <http://edspace.org.uk/service/edinburgh-lothian-council-on-alcohol/> 337-81886

The Recovery Hub - Drug or alcohol problems – drop in daily at 5 Links Place EH6 7EZ Tel 554 7516

Relationship counselling <http://www.bright-light.org.uk/> 556-1527 9a Dundas St