

Leith Mount Surgery

Health & Mind



This leaflet contains the following we hope will be useful to you:

- Helpful websites, groups and counselling
- Apps to help with low mood and anxiety
- Phone numbers for times of crisis

Health & Mind



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In times of crisis, if you need to talk urgently....

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Samaritans

116 123

24/7, free phone

Telephone support for those experiencing feelings of emotional distress, including those which could lead to suicide.

Email: jo@samaritans.org for a response within 24 hours if you find it easier to write your thoughts and feelings down.

Not suitable for urgent support.

Breathing Space

0800 83 85 87

Mon-Thurs: 6pm – 2am; Weekend: Fri 6pm – Mon 6am

A confidential phonenumber service for anyone in Scotland feeling low, anxious or depressed.

www.breathingspace.scot offers more info and support.

Saneline

0300 304 7000

Every day, 4pm – 10pm

National out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems including family, friends and carers.

Hopeline UK (Papyrus)

0800 068 4141

Every day, 9am – midnight

For children and young people under the age of 35 who are experiencing thoughts of suicide.

MENTAL HEALTH EMERGENCY (24/7)

NHS24

111

MHAS (Mental Health Assessment Service)

0131 537 6000

Edinburgh Crisis Centre

0808 801 0414



Help phonelines

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: *Free phone:* **0800 027 1234**

www.edinwomensaid.co.uk

Edinburgh Rape Crisis Centre

0808 801 0414

Free and confidential support, information & advocacy for women, all members of the trans community, non-binary people and young people aged 12-18 having experienced sexual violence at any time in their lives.

www.ercc.scot

Respect helpline

0808 802 4040

Mon-Fri: 9am – 5pm

Information & advice for people who are abusive towards their partners & want help to stop.

www.respectphonenumber.org.uk

Men's Advice Line

0808 801 0327

Mon-Fri: 9am – 5pm

Help & support for male victims of domestic abuse.

www.mensadvice.org.uk

The Spark. Relationship helpline

0808 802 2088

Counselling enquiries: **0808 802 0055**

www.thespark.org.uk

Trauma Counselling Line Scotland

0808 802 0406

A free counselling service for adults who experienced abuse in childhood.

[www.health-in-mind.org.uk/services/trauma ...](http://www.health-in-mind.org.uk/services/trauma...)

Online support and websites



iThrive Edinburgh

Online space for mental health and wellbeing information for all Edinburgh's citizens, with multiple resources:

- **Self-help:** ithriveedinburgh.org.uk/self-help/
- **Guides & resources:** ithriveedinburgh.org.uk/self-help/self-help-guides-resources/
- **Apps:** ithriveedinburgh.org.uk/self-help/apps/
- **Helplines:** ithriveedinburgh.org.uk/self-help/helplines/
- **Find support:** ithriveedinburgh.org.uk/find-a-service/

www.ithriveedinburgh.org.uk

Living Life to the Full

Free online cognitive behavioural therapy (CBT) for depression and anxiety. A life skills course that aims to teach how to tackle the demands we meet in our everyday lives.

www.llttf.com

Wellbeing Lothian

Info and tools to help with a variety of mental wellbeing issues including mood, panic, stress, sleep, etc.

www.wellbeinglothian.scot

Mood Gym

Free online cognitive behaviour therapy (CBT) course to learn how to prevent and cope better with symptoms of anxiety and depression.

www.moodgym.anu.edu.au

Worrying about money? Information sheet

Financial advice & support if you are struggling to make ends meet.

www.worryingaboutmoney.co.uk/edinburgh

Useful apps



Feeling Good

Downloadable app which helps to overcome stress, low mood and worry/anxiety through Positive Mental Training. The app includes short videos and audio recordings to help deal with mental stresses and strains in order to become a more resilient and stronger thinking person.

Download: www.foundationforpositivementalhealth.com

Headspace

App you can download which focuses on mindfulness, positive thinking and alleviating stress from demands of everyday life.

Download: www.headspace.com

Sleepio (for insomnia)

Sleepio's online sleep improvement programme can help you get to the root of stubborn sleep, using proven evidence-based techniques.

Download: sleepio.com/nhs

Daylight (for anxiety)

Daylight's digital anxiety improvement programme can help you control feelings of worry and anxiety, using proven evidence-based techniques.

Download: trydaylight.com/nhs

Calm

App to improve happiness and wellbeing.

Download: www.calm.com

Children, teenagers and young adults 1/2



HandsOn

Website providing information and support around children and mental health.

www.handsonscotland.co.uk

Childline

0800 11 11

If you're under 19 you can confidentially call (24 hour), chat online or email about any problem big or small.

www.childline.org.uk

Young Minds

0808 802 5544

Website providing practical advice (feelings, mental health conditions, coping with life, ...) and helping children and young people find support.

www.youngminds.org.uk

The Mix

0808 808 4994

Information and help for under 25s and young people (mental health, relationships, work life, school life, depression...).

Helpline (4pm – 11pm every day), email, one-to-one online chat, counselling services, crisis messenger.

www.themix.org.uk

Parentline Scotland Freephone

08000 282 233

"Whatever it is that is affecting your family, we are here to help."

Email: parentlinescotland@children1st.org.uk

www.children1st.org.uk

Children, teenagers and young adults 2/2



Counselling

The Junction

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. Email: info@the-junction.org

www.the-junction.org

Anxiety - Depression

Royal College of Psychiatrists

Information for children and young people, and parents and carers about mental health (including anxiety and depression).

www.rcpsych.ac.uk/mental-health/parents-and-young-people

Self-harm

Self-harm UK / Alumina

Free online self-harm support for 11-19's.

www.selfharm.co.uk

Eating disorders

Beat Eating Disorders

0808 801 0432

Helplines, chatrooms, resources, and local support.

www.beateatingdisorders.org.uk

Bereavement

Richmond's Hope

0131 661 6818

"Making a difference to the lives of bereaved children & young people."

www.richmondshope.org.uk

Child Bereavement UK

0800 02 888 40

www.childbereavementuk.org

Peer support 1/2



Vocal

0131 622 6666

Supports and empowers unpaid carers.

Carers counselling service: **0131 466 8082**

Email: counselling@vocal.org.uk

www.vocal.org.uk

Edinburgh Carers Council

0131 322 8480

Offers a peer connecting service and a listening space for joint support around mental health.

<https://edinburghcarerscouncil.co.uk/resources/individual-groups-support>

LGBT Health and Wellbeing

0300 123 2523

Tue & Wed: 12 – 9pm; Thu & Sun: 1 – 6pm

Promoting health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT+) adults (16+) in Scotland. www.lgbthealth.org.uk

LGBT Youth Scotland

For LGBTI young people 13-25 year old.

www.lgbtyouth.org.uk

Turning Point

0131 554 7516

North East Edinburgh Recovery Hub

Drop-in services for people affected by their own or someone else's alcohol or drug.

www.turningpointscotland.com

Scottish Families Affected by Alcohol & Drugs

"If you are concerned about someone else's alcohol or drug use, contact our Helpline today."

Email: helpline@sfad.org.uk

08080 10 10 11

Cedar Edinburgh

01313 158 116

Children Experiencing Domestic Abuse Recovery

cedarnetwork.org.uk



Peer support 2/2

Branch Out Together

0131 661 3834

Provider of social activities for children and young people with autism throughout Edinburgh and The Lothians.

www.branchouttogether.org

Scottish Autism

01259 222 022

"We provide a wide range of support services across Scotland for autistic individuals, their families and professionals."

www.scottishautism.org

Scottish ADHD Coalition

Brings together the voluntary organisations providing support to adults & children with ADHD in Scotland, and their parents, carers and families.

www.scottishadhdcoalition.org

Alzheimer Scotland

24 hour Freephone Dementia Helpline

0808 808 3000

www.alzscot.org

Health in Mind

www.health-in-mind.org.uk

Offers a peer connecting service and a listening space for joint support around mental health.

Multi-Cultural Family Base

0131 467 7052

Promoting the wellbeing and life opportunities of vulnerable and disadvantaged children, young people and families.

www.mcfb.org.uk

Veterans First Point

0131 220 9920

For veterans who are seeking a mental health and wellbeing service.

www.veteransfirstpoint.org.uk



Counselling services

NE Edinburgh Counselling Service

07498 520 377

Free and donation based one-to-one professional counselling for young people and adults who are experiencing poor mental health.

neescounselling.org.uk

Edinburgh Counselling Agencies

Offering voluntary donation / free of charge options

List of counselling agencies in Edinburgh, including their contact details, waiting lists & times, costs/free, and location.

edinburghcounsellingagencies.co.uk

Cruse Bereavement Care

0845 600 2227

Charity offering free, confidential help to bereaved people.

www.crusescotland.org.uk

Saheliya

0131 556 9302

Specialist mental health & well-being support organisation specifically for black & minority ethnic (BME) women & girls (12+).

www.saheliya.co.uk

Health in Mind – Services in Edinburgh

“We are working flexibly with people and can offer support in a range of ways, with support available in different locations.”

www.health-in-mind.org.uk/services/d1/?filter1=edinburgh

Feniks

0131 629 1881

Counselling support for the Polish speaking and Eastern European communities. Donation based for those on low income.

feniks.org.uk/services/psychological-support/