

Mental Health Support Services for Adults in Edinburgh

FREE SERVICES

GENERAL

Health in Mind: Edinburgh-based charity promoting positive mental health. Services include guided self help & trauma counselling for adult survivors of childhood sexual abuse.

Tel: 225 8508 Web: www.health-in-mind.org.uk

ADDICTIONS

Cross Reach – Simpson House: Counselling for anyone affected by drug or alcohol addiction – Tel: 225 1054 or 225 6028 Web: www.simpson-house.org

ELCA (Edinburgh & Lothian Council on Alcohol): Tel: 337 8188

Gamblers' Anonymous, Scotland: 24hr helpline: 0370 050 8881 Web: www.gascotland.org

Turning Point Scotland, Leith Project: Drug and alcohol problems – Tel: 0800 652 3757

Web: www.turningpointscotland.com

BEREAVEMENT

Cruse: Bereavement counselling – Tel: 0845 600 2227 E-mail: support@cruse.scotland.org.uk

Web: www.crusescotland.org.uk

Stillbirth & Neonatal Death Society (SANDS Lothians): Tel: 622 6263 Email: info@sands-lothians.org.uk

Web: sands-lothians.org.uk

CARERS

LCIL (Lothian Centre for Inclusive Living): peer support group for parents / carers of disabled children or children with additional support needs – Tel: 475 2350 Web: www.lothiancil.org.uk

Vocal: Counselling service for carers – Tel: 622 6666 Email: centre@vocal.org.uk Web: www.vocal.org.uk

EATING DISORDERS

Anorexia Bulimia Care: charity supporting those experiencing eating disorders or family / friends -

Web: www.anorexiabulimiacare.org.uk Tel: 03000 111213

PREGNANCY, FERTILITY

Lifeline Pregnancy Counselling & Care: Tel: 557 2060 Web: www.lifelinecounselling.org

RAPE, DOMESTIC & SEXUAL ABUSE

Edinburgh Rape Crisis Centre: Tel: 0808 801 0302 Web: www.ercc.scot

Edinburgh Women's Rape & Sexual Abuse Centre: Tel: 556 9437 Web: www.ewrasac.org.uk

Women's Aid: Tel: 315 8110 Email: info@edinwomensaid.co.uk Web: www.womensaid.org.uk

RELATIONSHIPS

Relationships Scotland: Relationship counselling & family mediation: Tel 0345 119 2020

Web: www.relationships-scotland.org.uk

SUICIDE

Joshua Nolan Foundation: Charity supporting those vulnerable to suicide or family members: Web: www.joshuanolanfoundation.org

WOMEN

Link-Up: Women's Support Centre for women with mental health problems and social isolation – Tel: 661 9292

Saheliya: Black and Minority Ethnic Womens' Mental Health Organisation – Tel: 556 9302 Web: www.saheliya.org.uk

WORK

Healthy Working Lives: Work-related support and advice for self-employed or those working for a company with < 250 employees.

Tel: 0800 019 2211 Web: healthyworkinglives.scot

Counselling in Edinburgh

SERVICES WHERE A DONATION OR FEE MAY BE REQUIRED

ORGANISATIONS

Headstrong counselling Web: www.headstrongscotland.co.uk/book-an-assessment Email: enquiries@headstrongcounselling.co.uk

Hope Park Counselling: Tel: 650 6696 Web: www.ed.ac.uk/health/hopepark

The Stafford Centre: Tel: 557 0718 Web: www.staffordcentre.org.uk

North East Edinburgh Counselling: Tel: 557 4478 Web: www.neecscounselling.org.uk

Crossreach Counselling Scotland: Tel: 552 8901 Web: www.crossreach.org.uk/crossreach-counselling-lothians

Edinburgh Institute for Counselling and Psychotherapy: Tel 667 5251 Web: www.eicp.org.uk

First Psychology Edinburgh: Also caters for children & young people Tel: 668 1440 Web: www.edinburghtherapy.co.uk

Human Development Scotland: Tel: 0141 331 2419 Web: www.hdscotland.org.uk/counselling

Pastoral Foundation: Tel: 447 0876 Web: www.pfcounselling.org.uk

The Keil Centre: Tel: 229 6140 Web: keilcentre.co.uk

The Whole Works: Tel: 225 8092 Web: www.thewholeworks.co.uk

Wellspring: Tel: 553 6660 Web: www.wellspring-scotland.co.uk

INDIVIDUAL COUNSELLORS

British Association of Behavioural and Cognitive Psychotherapies: Tel: 0161 705 4304 Web: www.babcp.com

British Association for Counselling and Psychotherapy: Tel: 01455 883 300 Web: www.babcp.co.uk

Counselling and Psychotherapy in Scotland (COSCA): Tel: 01786 475 140 Web: www.cosca.org.uk

United Kingdom Council for Psychotherapy (UKCP): Tel: 020 7014 9955 Web: www.psychotherapy.org.uk