

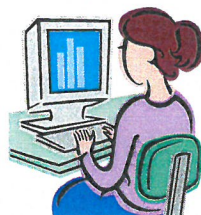


## Do you know about the Health in Mind Resource Centre?

Would you like to help to find services and things to do in your local area? Or perhaps you're looking for more information about mental health and keeping well.

We have:

- Directory of local services, groups and activities
- Mental health factsheets and information
- Self help materials
- Books, CDs, and DVDs
- Recovery information
- Free internet access



Come along to our resource centre for all your mental health info needs! We can help you find the information you need in a safe, non-judgemental environment.

If you can't make it along, we can also send you information by post or email.

**Health in Mind**  
**40 Shandwick Place**  
**Edinburgh**  
**EH2 4RT**

**Open Mon - Wed by appointment,**  
**Drop in Thurs & Fri, 10am - 4 pm**  
**(closed 12.30pm-1.30pm)**

Information line - 0131 243 0106, email [information@health-in-mind.org.uk](mailto:information@health-in-mind.org.uk)

## Brief Crisis Guide

Information compiled by Information Resource Centre at Health in Mind. Correct at time of print, October 2016.



Inside this leaflet you will find brief information about a range of services that can offer support in an emergency.

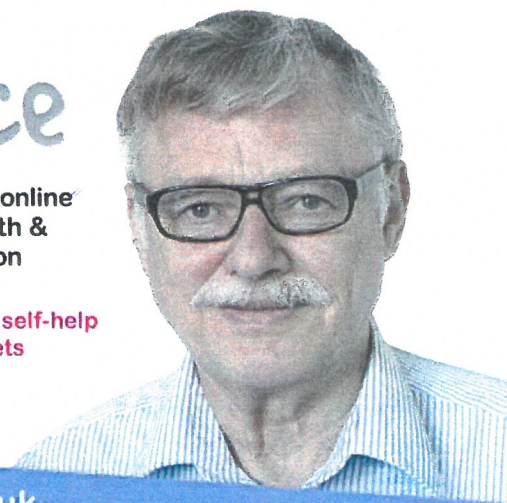
For bespoke information sent directly to you, please contact our information centre pm 0131 243 0106. This is a confidential service, offering information and guidance about keeping well in Edinburgh.

Information is also available online via [Edspace.org.uk](http://Edspace.org.uk)

# edspace

**edspace is edinburgh's online  
source of mental health &  
wellbeing information**

**services • news • events • self-help  
newsletter • factsheets**



find us online at  
[www.edspace.org.uk](http://www.edspace.org.uk)

## Emergency Contacts

### Emergency support - Mental Health Specific

- Edinburgh Crisis Centre - 0808 801 0414
- Mental Health Assessment Service - 0131 537 6000
- Social Care Direct Emergency Line - 0800 731 6969

### Emergency Services

- NHS 24 - 111
- Police, Fire, Ambulance - 999

### Listening Services

- Samaritans Local line - 0131 221 9999
- Samaritans Nationals Line - 116 123
- Breathing Space (open 6pm - 2am) - 0800 83 85 87
- Saneline (open 6pm - 11pm) - 0300 304 7000

### Suicide prevention

- CALM helpline (suicide prevention for men) - 0800 58 58 58
- Papyrus Hopeline (for young people under 30) - 0800 068 41 41

### Mental health and wellbeing websites

- [www.edspace.org.uk](http://www.edspace.org.uk) Edinburgh mental health & wellbeing
- [www.midspace.co.uk](http://www.midspace.co.uk) Midlothian mental health & wellbeing
- [www.eastspace.org.uk](http://www.eastspace.org.uk) East Lothian mental health & wellbeing
- [www.westspace.org.uk](http://www.westspace.org.uk) West Lothian mental health & wellbeing

## Other Services

### Health and Wellbeing

- Health in Mind Information line (mental health) - 0131 243 0106
- LGBT Health and Wellbeing centre - 0300 123 2523
- NHS inform helpline - 0800 22 44 88
- Sexual Health Centre - 0131 536 1070
- TAP - GP access for people who are homeless - 0131 240 2810

### Housing

- Access Point - 0131 529 7438
- Edinburgh Housing Advice Partnership - 0131 442 1009 or 0845 302 4607
- Shelter's Housing Advice Line - 0808 800 4444

### Money

- Edinburgh Citizen's Advice - 0131 557 1500
- Scottish Welfare Fund - 0131 529 5299

### Safety

- Edinburgh Women's Aid - 0131 315 8110
- Edinburgh Rape Crisis - 0131 556 9437
- Rape Crisis Scotland (6pm - 12am) - 0808 801 0302
- National LGBT Domestic Abuse Helpline - 0300 999 5428 or 0800 9995428.
- Victim Support - 0345 603 9213 (for victims of crime)