

## Other voluntary counselling services

Bright Light	Telephone : 0131 556 1527	Counselling for those who are affected by relationship problems
Breathing Space	Telephone : 0800 838 587	We are a free, confidential, phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety
CoCo at Kirk o'Field	Telephone : 07724152557	Counselling for adults and young people over 16
Crossreach	Telephone : 0131 657 2000	Generic counselling, and a specialist Perinatal service
Cruse Bereavement Care Scotland	Freephone Helpline : 0808 802 6161	Specialist bereavement care and counselling
Health in Mind	Telephone : 0131 225 8508	A range of counselling services for a variety of issues
Hope Park	Telephone : 0131 650 6696	Open to all, run by the University of Edinburgh
Lifeline/Pregnancy Counselling & Care	Telephone : 0131 553 5565	Pregnancy, fertility, miscarriage and termination counselling for women
North East Edinburgh Counselling Service	Telephone : 07498 520 377	Provide free and donation based one-to-one professional counselling for young people and adults who are experiencing poor mental health
PF Counselling	Telephone : 0808 801 0414	Provide counselling and psychotherapy for people facing the difficulties of everyday life
Relationships Scotland	Information Line : 0345 119 2020	Marital & Relationship Counselling
Richmond's Hope	Telephone : 0131 661 6818	Bereavement counselling for children
Talktime Scotland	Telephone : 07774 210 104	Free counselling for physically disabled people aged 12-25
The Bridge	Telephone : 01506 238 980	Counselling and Money Advice in West Lothian
The Health Agency	Telephone : 0131 453 9400	We offer a range of services including counselling and cognitive behavioural therapy (CBT)

## Domestic violence

CEDAR	Telephone : 0131 315 8116	CEDAR is a 12 week therapeutic groupwork programme for children, young people and their mothers running in parallel. The programme is suitable for families in recovery from domestic abuse
Edinburgh Womens Aid	Freephone : 0800 027 1234	At Edinburgh Women's Aid, we: Offer you confidential support and advice Answer your questions honestly Give you all the information you need Give you advice on how you and your children can stay safe Provide temporary accommodation if you're unable to stay in your home Provide you with help and support for a better future Whatever kind of abuse you're being subjected to, you don't need to put up with it. Don't worry – we will never judge you and you can talk to us freely and confidentially
Freedom Programme	Helpline : 0808 200 0247	Domestic violence information and support programme for women or men.
National Domestic Violence Helpline	Helpline : 0808 200 0247	Run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.
Scottish Domestic Abuse	Helpline : 0800 027 1234	Our helpline is here to support anyone experiencing domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them. We provide a confidential, sensitive service to anyone who calls us

## Emergency

Crisis Centre	Telephone : 0797 442 9075	Provides community based, emotional and practical support at times of crisis
Rape Crisis Scotland	Helpline : 08088 010302	Women's Rape & Sexual Abuse Centre
Samaritans	Telephone : 116 123	Available 24 hours a day, every day of the year

## Mental health

Anxiety UK	Telephone : 0161 226 7727	A charity formed for those affected by anxiety, stress and anxiety based depression.
Breathing Space	Freephone : 0800 838 587	Service for people experiencing low mood, depression or anxiety.
Edinburgh Carers Council	Freephone : 0808 801 0414	Information for carers of those who use mental health services.
Papyrus UK	Hopeline 24/7 0800 068 4141	Support for anyone aged under 35 years old and experiencing thoughts of suicide or anyone concerned that a young person may be experiencing thoughts of suicide.
iThrive	Email : <a href="mailto:ithrive@health-in-mind.org.uk">ithrive@health-in-mind.org.uk</a>	Information & Resource Centre for Edinburgh covering a wide range of mental health topics. (Used to be known as Edspace.)
Living Life	Freephone : 0800 838 587	NHS24 self-help coaching and CBT support for people feeling low, anxious or stressed. Short term telephone support and self-help materials.
Saneline	Telephone : 0203 805 1790	For anyone coping with or caring for someone with mental health issues
SAMH	Telephone: 0344 800 0550 Email: <a href="mailto:info@samh.org.uk">info@samh.org.uk</a>	Scottish Action for Mental Health – information, campaigns, awareness.

## Substance use

Crew	Telephone : 0131 220 3404	Support for people concerned about their drug use, e.g. cannabis, cocaine, ecstasy etc.
Rainbow Recovery	Telephone : 07732 418 597	Service offers support to fathers affected by substance use. The Father's Support Worker offers individual and family support for fathers, in their role as a parent
Scottish Families Affected by Alcohol and Drugs	Helpline : 08080 101011	Support for anyone affected by someone else's alcohol or drug use in Scotland.

## Information and support

AdvoCard	Telephone : 0808 196 3525	Advocacy service; help in making your wishes clear in the service you receive.
ADHD Coalition	Email : <a href="mailto:chair@scottishadhdcoalition.org.uk">chair@scottishadhdcoalition.org.uk</a>	Scottish coalition providing support to people with ADHD, and their carers and families.
AMASE	Email: <a href="mailto:info@amase.org.uk">info@amase.org.uk</a>	Autistic Mutual Aid Society Edinburgh – Helping autistic people to help each other
Beat	Helpline: 0808 801 0432	Beat provides support to help adults and young people beat eating disorders.
Beira's Place	Telephone : 0131 526 3944	A service for women, run by women. Sexual violence support, advocacy, and information.
Family Mediation Lothian	Telephone : 0131 226 4507	Help and support families and children who are experiencing break up.
Living Life to the Full	Telephone : 01360 661 078	Be happier, Sleep better, Do more, Feel more confident.

## VOCAL Edinburgh: Resource list

Lothian Bipolar Group	Get In Touch ( <a href="http://bipolaredinburgh.org.uk">bipolaredinburgh.org.uk</a> )	Information, support and advice to those affected by bipolar disorder.
No Panic	Helpline : 0300 772 9844 Monday – Sunday (10am – 10pm)	Support for sufferers of panic attacks and OCD. Includes a helpline.
Number 6	Telephone : 0131 526 3176	Advice, support, and social opportunities for autistic adults.
OCD UK	Email : <a href="mailto:support@ocduk.org">support@ocduk.org</a>	Helping you understand Obsessive-Compulsive Disorder, and offering hope and support.
Scottish Families Affected by Alcohol and Drugs	Helpline : 08080 101011	Support for anyone affected by someone else's alcohol or drug use in Scotland.