

Other voluntary counselling services

Breathing Space	Need help now? Call free on 0800 83 85 87	We are a free, confidential, phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety
Cruse Bereavement Care Scotland	Free Helpline: 0808 802 6161 Monday to Friday 9am-8pm, weekends 10am- 2pm.	Specialist bereavement care and counselling

Domestic violence

AMIS	Need to talk? 03300 949 395 9am – 4pm, Monday to Friday	AMIS is Scotland's leading charity and helpline for male domestic abuse
Freedom Programme	Helpline : 01942 262 270	Domestic violence information and support programme for women or men.
National Domestic Violence Helpline	Helpline : 0808 2000 247	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.
Scotland's Domestic Abuse and Force Marriage	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
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
Women's Aid East & Midlothian	Support Line Monday to Friday (9am – 4pm) 0131 561 5800	Information, support, advocacy and temporary accommodation for women, children and young people who have been subjected to domestic abuse

Emergency

Crisis Centre	Freephone : 0800 027 1234	Provides community based, emotional and practical support at times of crisis
Rape Crisis Scotland	Helpline : 0808 801 0302	Women's Rape & Sexual Abuse Centre
Samaritans	Call 116 123 for free	Available 24 hours a day, every day of the year

Mental health

Health In Mind	Telephone : 0131 225 8508	The Midlothian Access Point is open to people aged 18 to 65 who are registered with a GP in Midlothian and who are looking to improve their mental health and wellbeing
Papyrus (Prevention of Young Suicide)	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.
Living Life	Call free on : 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.
MHARS	Telephone : 0800 118 2962	MHARS is a free confidential helpline for Midlothian residents aged 18-65, who experience mental health and wellbeing distress or crisis
Mid Space	Email : midspace@health-in-mind@org.uk	Midspace is your online space for mental health and wellbeing information in Midlothian.

VOCAL Midlothian: Resource list

Midlothian Access Point	Telephone : 07779 565607	The Midlothian Access Point is open to people aged 18 to 65 who are registered with a GP in Midlothian and who are looking to improve their mental health and wellbeing
Saneline	Telephone : 0203 805 1790	For anyone coping with or caring for someone with mental health issues

Substance use

Crew	Freephone : 07860 04 7501 Monday to Saturday (1-5pm) or Thursday (3-7pm)	Support for people concerned about their drug use, e.g. cannabis, cocaine, ecstasy etc.
Scottish Drug Services	Telephone : 0131 285 9600	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

ADHD Coalition	Email : chair@scottishadhdcoalition.org.uk	Scottish coalition providing support to people with ADHD, and their carers and families.
AdvoCard	Telephone : 0808 196 3525	Advocacy service; help in making your wishes clear in the service you receive.
AMASE	Email: info@amase.org.uk	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.
Lothian Bipolar Group	Get In Touch (bipolaredinburgh.org.uk)	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 : support@ocduk.org	Helping you understand Obsessive-Compulsive Disorder, and offering hope and support.