

Information on other sources of counselling & support

Counselling free of charge or by voluntary donation:

(Available to residents of Edinburgh/Lothians unless otherwise specified)

| PF Counselling | |
|---|--|
| 8 Balcarres Street, Edinburgh, EH10 5JB | Tel: 0131 447 0876 |
| Email: info@pfcounselling.org.uk | www.pfcounselling.org.uk |

| CrossReach Counselling Lothians | |
|---|--|
| Wallace House, 3 Boswall Road, Edinburgh, EH5 3RG | Tel: 0131 552 8901 |
| Email: ccl@crossreach.org.uk | www.crossreach.org.uk |

| Hope Park Counselling Service (University of Edinburgh) | |
|---|--|
| 8 Hope Park Square, Meadow Lane, Edinburgh, EH8 9NW | Tel: 0131 650 6696 |
| Email: counselling@hopepark.org.uk | www.ed.ac.uk/health/hopepark |

| Cruse Bereavement Care | |
|---|--|
| 3 Rutland Square, Edinburgh, EH1 2AS | Tel: 0845 600 2227 |
| Email: support@crusescotland.org.uk | www.crusescotland.org.uk |

| VOCAL Edinburgh Carers Hub | |
|---|--|
| 60 Leith Walk, Edinburgh, EH6 5HB | Tel: 0131 622 6666 |
| Email: centre@vocal.org.uk | www.vocal.org.uk |

| VOCAL Carer Centre (Midlothian) | |
|---|--|
| Hardengreen Estate, 30/1 Dalhousie Road, Dalkeith, EH22 3NX | Tel: 0131 663 6869 |
| Email: midlothian@vocal.org.uk | www.vocal.org.uk |

| Health in Mind | |
|---|--|
| For adult survivors of childhood sexual abuse. Also information resource centre. | |
| 40 Shandwick Place, Edinburgh, EH2 4RT | Tel: 0131 225 8508 |
| Email: contactus@health-in-mind.org.uk | www.health-in-mind.org.uk |

| Edinburgh & Lothian Council on Alcohol (ELCA) | |
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| 91 Rose Street, Edinburgh, EH2 3DT | Tel: 0131 337 8188 |
| Email: elca@btconnect.com | |

| North East Edinburgh Counselling Service (NEECS) | |
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| NEECS is a Scottish Charitable Incorporated Organisation (SCIO) SC023482. | |
| 31 Haddington Place, Edinburgh, EH7 4AG | Tel: 0131 557 4478 |
| Email: neecscounselling@btconnect.com | www.neecscounselling.org.uk |

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| Saheliya For black/ethnic minority women. | |
| 125 McDonald Road, Edinburgh, EH7 4NW | Tel: 0131 556 9302 |
| Email: info@saheliya.co.uk | www.saheliya.co.uk |

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|---|--------------------|
| Link Up Women's Support Centre | |
| St Margaret's House, 151 London Road, Edinburgh, EH7 6AE | Tel: 0131 661 9292 |
| Email: info@link-upsupport.co.uk | |

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|---|--|
| Simpson House Drug counselling | |
| 52 Queen Street, Edinburgh, EH2 3NS | Tel: 0131 225 6028 |
| Email: counselling@simpson-house.org | www.simpson-house.org |

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| The Junction For young people aged 12 – 21 living in Leith & North East Edinburgh | |
| 82-86 Great Junction Street, Edinburgh, EH6 5LL | Tel: 0131 553 0570 Text: 07758 348 850 |
| Email: info@the-junction.org | www.the-junction.org |

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| Health All Round For people living in Gorgie, Dalry, Saughton, Stenhouse and surrounding areas of Edinburgh. | |
| 24 Westfield Avenue, Edinburgh EH11 2QH | Tel: 0131 337 1376 |
| Email: info@healthallround.org.uk | www.healthallround.org.uk |

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|---|--|
| Craigmillar Adult Counselling Service For adults resident in Craigmillar area. | |
| Craigmillar Health Centre, 106 Niddrie Mains Road, Edinburgh, EH16 4DT | Tel: 0131 225 8508 |
| Email: counselling@health-in-mind.org.uk | www.health-in-mind.org.uk |

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| Pilton Community Health Project The Health Project works with local people to take steps towards better health, looking at how health is affected by everyday life. | |
| 73 Boswall Parkway, Edinburgh, EH5 2PW | Tel: 0131 551 1671 |
| Email: admin@pchp.org.uk | www.pchp.org.uk |

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| Wester Hailes Health Agency For people aged 16 upwards resident in South West Edinburgh | |
| Wester Hailes Healthy Living Centre, 30 Harvesters Way, Edinburgh, EH14 3JF | Tel: 0131 453 9400 |
| Email: frontdesk@thehealthagency.org.uk | |

For information on services throughout Scotland, contact:-

COSCA (Counselling & Psychotherapy in Scotland)

16 Melville Terrace, Stirling, FK8 2NE

Tel: 01786 475 140

Email: info@cosca.org.uk

www.cosca.org.uk

To find a counsellor in private practice, contact:-

The British Association for Counselling & Psychotherapy (BACP)

BACP House, 15 St John's Business Park,
Lutterworth, Leicestershire LE17 4HB

Tel: 01455 883300

Email: bacp@bacp.co.uk

www.bacp.co.uk

COSCA (Counselling & Psychotherapy in Scotland)

16 Melville Terrace, Stirling, FK8 2NE

Tel: 01786 475 140

Email: info@cosca.org.uk

www.cosca.org.uk

British Association for Behavioural & Cognitive Psychotherapies

Imperial House, Hornby Street, Bury,
Lancashire, BL9 5BN

Tel: 0330 320 0851

Email: babcp@babcp.com

www.babcp.com

FEE CHARGING COUNSELLING SERVICES:

(Some operate a sliding scale according to client circumstances)

Bright Light

9a Dundas Street, Edinburgh, EH3 6QG

Tel: 0131 556 1527

Email: askus@bright-light.org.uk

www.bright-light.org.uk

Relationships Scotland

Counselling, mediation & family support. (Fee or donation, depending on which service used).

18 York Place, Edinburgh, EH1 3EP

Tel: 0345 119 2020

Email: enquiries@relationships-scotland.org.uk

www.relationships-scotland.org.uk

Wellspring

13 Smiths Place, Edinburgh, EH6 8NT

Tel: 0131 553 6660

Email: mail@wellspring-scotland.co.uk

www.wellspring-scotland.co.uk

Edinburgh Gestalt Institute, Teamwork

51 Lothian Road, Edinburgh, EH1 2DJ

Tel: 0131 228 3841

Email: info@egi.uk.com

www.egi.uk.com

| Resolve | |
|---|--|
| 40 Shandwick Place, Edinburgh, EH2 4RT | Tel: 0131 225 8508 |
| Email: counselling@health-in-mind.org.uk | www.resolvescotland.org.uk |

| LGBT Health and Wellbeing | |
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| Peer service for lesbian, bi-sexual and transgender women. | |
| 9 Howe Street, Edinburgh, EH3 6TE | Tel: 0131 523 1100 |
| Email: admin@lgbthealth.org.uk | www.lgbthealth.org.uk |

OTHER ORGANISATIONS OFFERING INFORMATION/SUPPORT:

(Not specifically counselling)

| Advocard | |
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| Advocacy service, help in making your wishes clear in the service you receive. | |
| 332 Leith Walk, EH6 5BR | Tel: 0131 554 5307 Text: 07920 207 564 |
| Email: advocacy@advocard.org.uk | www.advocard.org.uk |

| Edinburgh Carers Council | |
|---|--|
| For carers of those who use mental health services. | |
| Great Michael House, GF5 14 Links Place, Edinburgh, EH6 7EZ | Tel: 0131 322 8480 |
| Email: info@edinburghcarerscouncil.co.uk | www.edinburghcarerscouncil.co.uk |

| Grapevine | |
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| Disability information service. | |
| Norton Park, 57 Albion Gardens, Edinburgh, EH7 5QY | Tel: 0131 475 2370 |
| Email: grapevine@lothiancil.org.uk | www.lothiancil.org.uk |

| Victim Support Scotland | |
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| 15/23 Hardwell Close, Edinburgh, EH8 9RX | Tel: 0800 160 1985 |
| | www.victimsupportsco.org.uk |

| North East Edinburgh Recovery Hub | |
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| Drop-in services for people affected by their own or someone else's alcohol or drug use. | |
| 5 Links Place, Leith, Edinburgh, EH6 7EZ | Tel: 0131 554 7516 |
| Email: edinburghservices@turningpointscotland.com | www.turningpointscotland.com/edinburgh/ |

| Caledonia Youth | |
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| Sexual health & relationships, for young people up to 25. | |
| 5 Castle Terrace, Edinburgh, EH1 2DP | Tel: 0131 229 1402 |
| Email: information@caledoniayouth.org | www.caledoniayouth.org |

Equal Access

For black/ethnic minority communities (Edinburgh 18 and above, Midlothian and East Lothian 16 and above).

40 Shandwick Place, Edinburgh, EH2 4RT

Tel: 0131 225 8508

Email: monika.dyczko@health-in-mind.org.uk (for Midlothian or East Lothian) or krzysztofnowak@health-in-mind.org.uk (for Edinburgh)

www.health-in-mind.org.uk

Multi-Cultural Family Base Early Years Service

For black/ethnic minority families with children aged 0-3.

50 Coburg Street, Edinburgh, EH6 6HE

Tel: 0131 467 7052

Email: management@mcfb.org.uk

www.mcfb.org.uk

The Stafford Centre

Resource centre for people with mental health issues offering groups, drop-in, café & small counselling service.

103 Broughton Street, Edinburgh, EH1 3RZ

Tel: 0131 557 0718

www.staffordcentre.org.uk

Dr Bell's Family Centre

A range of support services for local families, including TAAP which provides counselling, therapeutic play & complementary therapies.

15 Junction Place, Leith, Edinburgh, EH6 5JA

Tel: 0131 553 0100

Email: administrator@dbfc.org.uk

www.drbell.co.uk

Firsthand

Services for lone parents and families with children with disabilities/mental health issues.

Strathmore Business Centre, Hopetown gate, 8b McDonald Road, Edinburgh, EH7 4LZ

Tel: 0131 523 1322

Email: info@firsthand-lothian.org.uk

www.firsthand-lothian.org.uk

CAPS Independent Advocacy

CAPS works with mental health service users to set their own agenda, to find a stronger voice, and influence decisions which affect their lives.

Old Stables, Eskmills Park, Station Road, Musselburgh, EH21 7PQ

Tel: 0131 273 5118

Email: advocate@capsadvocacy.org

www.capsadvocacy.org

Edspace

Comprehensive database of mental health information in Edinburgh.
(not a service provider)

www.edspace.org.uk

TELEPHONE SUPPORT:

Samaritans

Available 24 hours.

Tel: 116 123 (freephone)

Email: jo@samaritans.org

Saneline

Available every day from 4.30pm – 10.30pm, for anyone coping with or caring for someone with mental health issues.

Tel: 0300 304 7000

www.sane.org.uk

Breathing Space

Available 6.00pm – 2.00am Monday-Thursday & 6pm Friday-6am Monday.
Free (from landlines) service available for anyone in Scotland over 16 who is feeling low, anxious or depressed.

Tel: 0800 83 85 87

www.breathingspace.scot

Edinburgh Womens Aid

Drop in Monday 1pm – 3pm, Tuesday/Wednesday/Friday 10am -3pm, Thursday 2pm – 7pm and Saturday 10am – 1pm.

Crisis Helpline: 0131 315 8110 (Monday, Tuesday, Wednesday, Friday 10am – 3pm, Thursday 10am – 7pm, Saturday 10am – 1pm)

24 hours helpline: 0800 027 1234

Email: info@edinwomensaid.co.uk

Respect Helpline

Available Monday – Friday 9.00am – 5.00pm (webchat available Tuesday and Thursday 10.00am – 4.00pm).

Helpline offering information and advice to women and men who are abusive towards their partners and want help to stop.

Tel: 0808 802 4040

www.respectphoneline.org.uk

Email: info@respectphoneline.org.uk

Men's Advice Line

Available Monday – Friday 9.00am – 5.00pm (webchat available Tuesday and Thursday 10.00am – 4.00pm).

Confidential helpline for all men experiencing domestic violence by a current or ex-partner. This includes all men – in heterosexual or same-sex relationships.

Freephone: 0808 801 0327

www.mensadvice.org.uk

Email: info@mensadvice.org.uk

Trauma Counselling Line Scotland

Confidential telephone counselling service for survivors of childhood abuse. Available Monday, Tuesday, Wednesday between 2.00pm and 6.00pm and on Fridays between 9.00am and 3.00pm.

Freephone: 0808 802 0406

www.health-in-mind.org.uk

Email: contactus@health-in-mind.org.uk

EMERGENCY HELP

The following list can be used in an emergency and will normally be available 24 hours a day.

Your own doctor/out-of-hours service

Social Work Emergency Service (out of hours and weekends)

Monday to Thursday 5pm – 8.30pm and Weekends from Friday 3.55pm until Monday 8.30am.

Freephone 0800 731 6969

Urgent Social Care (including adult and child protection)

Tel: 0131 200 2324

Royal Edinburgh Hospital

Tel: 0131 537 6000 (ask for the Emergency Team)

Edinburgh Crisis Centre

Freephone 0808 801 0414

Text: 0797 442 9075

Email:

crisis@edinburghcrisiscentre.org.uk

Domestic Abuse

Tel: 0800 027 1234 (24 hours)