

Mental health resources for adults

PORTOBELLO & CONAN DOYLE SURGERIES

WEBSITES FOR INFORMATION



iThrive

ithriveedinburgh.org.uk/self-help/self-help-guides-resources

An excellent website for people experiencing mental health difficulties and their family and friends. It has lots of information about resources available locally and different ways of accessing support.



Health in Mind health-in-mind.org.uk

Edinburgh-based charity promoting positive mental health and wellbeing in Scotland. They offer a wide range of services including counselling.



NHS Inform

nhsinform.scot/illnesses-and-conditions/mental-health

Information about a variety of mental health conditions and self-help guides.

IN PERSON COURSES & SUPPORT

Thrive Welcome Team Drop In

ithriveedinburgh.org.uk/thrive-welcome-teams/

An opportunity to talk to an experienced mental health practitioner and discuss the best ways to support you. This may involve arranging to meet for 6-8 sessions, linking you with other services or, if needed, arranging specialist support. They take place at various locations on different days of the week and there is no need to book.

Mental Health Information Station

services.nhslothian.scot/mentalhealthinformationstation

NHS walk-in service which provides of support, information and signposting. Available 10:30-15:00 every Thursday at in person (at Walpole Hall on Palmerston Place) or on the phone (0131 537 8650). There is no need to book.

Healthy Active Minds

edinburghleisure.co.uk/activities/active-communities/health-active-minds

12-week physical activity program for adults with stress, anxiety or low mood. It's completely free and includes access to Edinburgh Leisure gyms, swimming pools and fitness classes. Speak to a GP if you would like a referral.

Health in Mind Courses

health-in-mind.org.uk/news/wellbeing-courses-and-workshops-edinburgh

A range of courses and workshops for people living in Edinburgh. The courses are 4-7 weeks long and explore different strategies to improve your mental wellbeing. Courses include 'Wellbeing Toolkit', 'Anxiety Management', 'Stress Management' and 'Keep Yourself Well'. You can sign up on the website or call 0131 225 8508.

Thistle Foundation

thistle.org.uk/support-in-edinburgh-the-lothians-and-fife

This charity supports people with long term health conditions in a variety of ways. You can call them on 0131 661 3366.

COUNSELLING PROVIDERS

Whole Works list of counselling agencies

edinburghcounsellingagencies.co.uk

List of counselling agencies available in Edinburgh with average waiting times, prices and contact details.

Thrive list of available services

ithriveedinburgh.org.uk/find-a-service

A directory of services available locally, which includes counselling and therapy providers. There are many options which are free of charge.

Hope Park Counselling Center

<https://health.ed.ac.uk/hope-park-counselling-centre> Hope Park Counselling

Centre offers person centred and/or psychodynamic counselling to residents in the Edinburgh area, aged 16 and over.

TELEPHONE-BASED SUPPORT

Living Life

nhs24.scot/how-we-can-help/living-life

NHS service offering 4-6 talking therapy sessions by phone using cognitive behavioural therapy techniques. You can refer yourself for an assessment by phoning 0800 328 9655. The line is open 09:00-21:00 Monday to Friday.

MOBILE APPLICATIONS



Calm

Free resources including music, sleep stories, guided meditations to help you feel calmer.



Sorted – Mental Health

Free audio-based app offering positive mental training to help with managing stress, low mood and anxiety. You can access the app with the username **lothianwidef1** and password **positive**.



Sleepio

Free app providing a personalised program to help improve sleep.



Daylight

Free app to help you manage worry and anxiety.



Headspace

Provides mindfulness tools for everyday life. This app has a subscription fee but free trials are available.

More apps can be found on the Thrive website: ithriveedinburgh.org.uk/self-help/apps/

ONLINE COURSES & SELF HELP

Beating the Blues

NHS cognitive behavioral therapy program that is delivered online and explores techniques for managing stress, anxiety and depression. It involves eight sessions which you can work through at your own pace. Speak to a GP if you would like a referral.

Living Life to the Full

littf.com

Free online cognitive behavioural therapy for depression and anxiety.

Mood Gym

moodgym.anu.edu.au

Interactive self-help resources to help you prevent and manage symptoms of depression and anxiety.

Health in Mind Self Help

health-in-mind.org.uk/news/guided-self-help-in-edinburgh-midlothian/

One to one support over 4 sessions and access to self-help materials based on cognitive behavioural therapy techniques. Please speak to a GP if you would like a referral.

GREIF & BEREAVEMENT

NHS Lothian Resource List

[Bereavement Support Agencies & Useful Contacts](#)

A list of local and national services to help with both emotional and practical support following a bereavement.

FOR UNIVERSITY & COLLEGE STUDENTS

Edinburgh College	How We Support Our Students (edinburghcollege.ac.uk)
Edinburgh Napier University	Counselling and Mental Wellbeing (napier.ac.uk)
Heriot Watt University	Mental health difficulties (hw.ac.uk)
Queen Margaret University	Wellbeing Service (qmu.ac.uk)
University of Edinburgh	Health and wellbeing (ed.ac.uk)

ALCOHOL AND DRUG MISUSE

Edinburgh Recovery Hub edinburghadp.co.uk

One stop shop for wide range of drug and alcohol treatment and support services. Free drop-in service available at different locations around Edinburgh. Have a look at the website for more details.

Alcoholics Anonymous alcoholics-anonymous.org.uk

You can contact the national helpline on 0800 9177650 or find a local meeting on the website link above.

Turning Point Scotland turningpointscotland.com

Turning Point aims to help people with problematic alcohol or drug use begin their road to recovery. They offer a drop-in service at 5 Links Place in Leith and can be contacted on 0131 554 7516.

Change Grow Live changegrowlive.org/south-east-recovery-service-edinburgh/info

Provides support for anyone who is struggling with drug or alcohol problems and offers a drop-in service at 13 Newtoft Street in Gilmerton (Monday to Thursday 13:00 – 15:30). They can be contacted on 0131 661 5294.

Edinburgh Recovery Activities facebook.com/EdinburghRecoveryActivities

Project which provides fulfilling and enjoyable experiences for people in recovery.

WHO SHOULD I CALL IF I URGENTLY NEED HELP?

Edinburgh Crisis Centre 0808 801 0414	Free helpline available 24/7 for people experiencing a mental health crisis
NHS 24 111	Contact NHS 24 if you need support with mental distress or urgent care when the GP surgery is closed
Breathing Space 0800 83 85 87	Free confidential phoneline for anyone in Scotland Open Monday to Thursday 6pm-2am and Friday 6pm to Monday 6am
Samaritans 116 123	Free one to one support available 24/7