

Some Useful Services

For Adults

In Edinburgh

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Services for adults in Edinburgh

Advocacy

Avocard

332 Leith Walk, Edinburgh, EH6 5BR.

Tel: 0131 554 5307. **Website:** www.avocard.org.uk

Independent advocacy service working with people using mental health services.

Nari Kallyan Shango

Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH. **Tel:** 0131 221 1915.

Website: www.nkshealth.co.uk

An advocacy service for South Asian women and children.

Partners in Advocacy (Edinburgh and the Lothians)

Central Office, The McIntosh Suite, 2nd Floor, Beaverhall House, 27/5 Beaverhall Road, Edinburgh, EH7 4JE. **Tel:** 0131 478 7723/7724.

Website: www.partnersinadvocacy.org.uk

This advocacy service provides short term advocacy, citizen advocacy and self-advocacy groups.

Vocal (Voice of Carers Across Lothian)

8 – 13 Johnston Terrace, Edinburgh, EH1 2PW. **Tel:** 0131 662 6666.

Website: www.vocal.org.uk

Advocacy for Carers over 18 years.

Befriending

Be a Friend (Cyrenians)

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. **Tel:** 0131 475 2354.

Website: www.cyrenians.org.uk

A befriending service to help those people at risk of becoming homeless.

Bethany Christian Trust

65 Bonnington Road, Edinburgh, EH6 5JQ. **Tel:** 0131 561 8965.

Website: www.bethanychristiantrust.com

Helping homeless and vulnerable people in North Edinburgh, Leith and Edinburgh city centre to live independently.

Broomhouse Befriending Service

The Broomhouse Centre, 79/89 Broomhouse Crescent, Edinburgh, EH11 3RH.

Tel: 0131 455 7731. **Website:** www.broomhousecentre.org.uk

A visiting service for elderly frail people and elderly people with dementia in their own home.

CA(I)RE Befriending Service

Eric Liddel Centre, 15 Morningside Road, Edinburgh, EH10 4DP.

Tel: 0131 446 3321. **Website:** www.ericliddell.org

A befriending service for unpaid carers to lessen or remove isolation experienced by caring.

Ecas Befriending Project

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. **Tel:** 0131 475 2344.

Website: www.ecas-edinburgh.org

Befriending for people with physical disabilities.

Headway

Edinburgh Headway, Headway House, Astley Ainslie Hospital, Caanan Lane, Edinburgh, EH9 2HL. **Tel:** 0131 537 9116. **Website:** www.edinburghheadway.org.uk

Befriending support for people with traumatic head injury and traumatic acquired brain injury.

LGBT Age

LGBT Centre for Health and Well Being, 9 Howe Street, Edinburgh, EH3 6TE.

Tel: 0131 652 3282. **Website:** www.lgbthealth.org.uk

Support for lesbian, gay, bisexual and transgender people over 50 year olds living in Edinburgh and the Lothians.

Positive Help

13a Great King Street, Edinburgh, EH3 6QW. **Tel:** 0131 558 1122.

Website: www.positivehelpedinburgh.co.uk

Enabling people with HIV to live independently.

RNIB Scotland

12 Hillside Crescent, Edinburgh, EH7 5EA. **Tel:** 0131 652 3140. **Website:** www.rnib.org.uk

Befriending help for blind and partially sighted people in Edinburgh and the Lothians.

Volunteers in Partnership

Volunteer Development Team, 200 Bonnington Road, Edinburgh, EH6 5NL.

Tel: 0131 555 0290.

Supports older people by visiting them at home or helping them to go out to reduce isolation. Referrals from certain G.P. practices.

Re:Discover (Health in Mind)

40 Shandwick Place, Edinburgh, EH2 4RT.

Tel: 0131 225 8508. **Website:** www.health-in-mind.org.uk

A befriending service for people experiencing mental health difficulties.

Saheliya

125 McDonald Road, Edinburgh, EH7 4NW.

Tel: 0131 556 9302. **Website:** www.saheliya.org.uk

Social support for black and ethnic minority women in Edinburgh.

Budgeting and Debt Advice

The Advice Shop

249 High Street, Edinburgh, EH1 1YJ. **Tel:** 0131 200 2360.

Email: advice.shop@edinburgh.gov.uk

Offers information and advice on welfare benefits and rights, money and debt.

Cyrenians

Cyrenians Edinburgh, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. **Tel:** 0131 475 2354.

Website: www.cyrenians.org.uk

Helping people over 16 years in Edinburgh avoid homelessness by providing help with budgeting and bills, rent or mortgage arrears or health difficulties.

Changeworks

Tel: 0800 512 012. **Email:** warmth@changeworks.org.uk

An energy advice service.

www.moneybasics.co.uk Budgeting advice and planning.

www.creditaction.org.uk Money Education charity.

www.cccs.co.uk A consumer credit counselling service.

Tel: 0800 138 1111.

www.nationaldebtline.co.uk A free, confidential, independent debt advice service.

Tel: 0808 808 4000.

www.moneyadvicescotland.org.uk A free, impartial debt advice service in Scotland.

Tel: 0141 572 0237.

Care and Support

Acorns Bereavement Support Programmes

Tel: Acorns at 0131 208 1882 (Monday to Friday, 9am – 5pm).

Email: acorns.info@gmail.com

A free six week programme open to all who are living with loss. You are welcome to bring along someone who will be a support to you.

ADHD support group

Website: Google: Scottish ADHD Adults

Helping ADHD adults in Scotland run by adults with ADHD for adults (18 years +) with ADHD.

Autism Initiatives UK

Website: www.autisminitiatives.org

Autism Initiatives operates throughout the UK providing services to support people with Autism and Aspergers syndrome.

Website: www.number6.org.uk

For adults in the Lothian region there is a one stop shop called Number 6, 24 Hill Street, Edinburgh, EH2 1EA.

Website: www.pasda.org.uk

Parents of Autistic Spectrum Disorder Adults (PASDA) is a monthly support group held at Number 6.

Cyrenians

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. **Tel:** 0131 475 2354.

Website: www.cyrenians.org.uk

Helping people with who are homeless or may potentially become homeless.

ELCA(Edinburgh and Lothian Council on Alcohol)

6 Clifton Terrace, Edinburgh, EH12 5DR. **Tel:** 0131 337 8188.

Website: www.elcaalcohol.co.uk

Offers specialist advice, information and counselling to anyone worried about their own or someone else's drinking.

Edinburgh Women's Rape and Sexual Abuse Centre

1 Leopold Place, Edinburgh, EH7 5JW. **Tel:** 0131 556 9437 **Website:** www.ewrasac.org.uk

Free and confidential emotional and practical support, information and advocacy to women, young people and all members of the transgender community who have experienced sexual abuse at any time in their lives.

LGBT

9 Howe St, Edinburgh, EH3 6TE.

Tel: 0131 653 3283 **Website:** www.lgbthealth.org.uk

Promoting health, well being and equality for Lesbian, Gay, Bisexual and Transsexual people in Scotland. Support and community groups available.

Link Up

Link Up Women's Support Centre, Lochend House, 33 Lochend Road South, Edinburgh, EH7 6BR. **Tel:** 0131 661 9292. **Website:** www.link-upsupport.co.uk

Support for women with mental health difficulties and/or social isolation. They provide information to services, counselling, support groups, writing group, short courses and a drop-in service.

Princes Trust - Edinburgh

Edinburgh Centre, 73 Ferry Road, Edinburgh, EH6 4AQ.

Tel: 0131 553 0850. **Website:** www.princes-trust.org.uk

Fairbridge Programme – One to one support and group activities for young people aged 13 – 25 years to learn new skills, boost confidence and try new things.

Shakti Women's Aid

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.

Tel: 0131 4752399. **Website:** www.shaktiedinburgh.co.uk

Support and Information for black and ethnic minority women and their children, experiencing or fleeing from domestic abuse.

Vocal – Voice of Carers Across Lothian

8 – 13 Johnston Terrace, Edinburgh, EH1 2PW. **Tel:** 0131 662 6666.

Website: www.vocal.org.uk

Training, group work and emotional support for carers.

Community Based LearningGate 55

(Formerly Westburn primary) 55 Sighthill Road, Edinburgh EH11 4PB. **Tel:** 0131 458 5082.

Community Centres

Carrickvale Community Centre, 2 Saughton Mains Street, Edinburgh, EH11 3HH.

Tel: 0131 443 6971.

Clovenstone Community Centre, 54 Clovenstone Park, Edinburgh, EH14 3EY.

Tel: 0131 453 4561.

Gate 55, 55 Sighthill Road, Edinburgh, EH11 4PB.

Tel: 0131 458 5095.

Gorgie War Memorial Hall, 338 Gorgie Road, Edinburgh, EH11 2QU.

Tel: 0131 337 3275.

St. Bride's Community Centre, 10 Orwell Terrace, Edinburgh, EH11 2DZ.

Tel: 0131 346 1405.

Tyncastle Community Wing, Tyncastle High School, McLeod Street, Edinburgh, EH11 2ND.

Tel: 0131 337 3275.

Community High Schools

Balerno Community High School, 5 Bridge Road, Balerno, Edinburgh, EH14 7AQ.

Tel: 0131 477 7788.

Castlebrae Community High School, 2a Greendykes Road, Edinburgh, EH16 4DP.

Tel: 0131 661 1282.

Craigroyston Community High School, Pennywell Road, Edinburgh, EH4 4QP.

Tel: 0131 477 7801.

Currie Community High School, 31 Dolphin Avenue, Currie, Edinburgh EH14 5RD.

Tel: 0131 449 2165.

Drummond Community High School, 41 Bellvue Place, Edinburgh EH7 4BS.

Tel: 0131 556 2651.

Leith Academy, 20 Academy Park, Edinburgh EH6 8JQ.

Tel: 0131 553 2810/554 0606.

Wester Hailes Education Centre, 5 Murrayburn Drive, Edinburgh EH14 2SU

Tel: 0131 442 2201.

Community Information Website for Edinburgh

Website: www.youredinburgh.info/engage

Gives information about local organisations, advice and support groups, education and learning, leisure and sport activities, health services and what's on in Edinburgh

Gorgie Dalry Community Association

22 McLeod Street, Edinburgh, EH11 2NH. **Tel:** 0131 337 3252.

Sport and Leisure venue for all ages and abilities.

Counselling

CoCo at Kirk o' Field

Old Church Buildings, Kirk o' Field, 140 Pleasance, Edinburgh, EH8 9RR. **Tel:** 07721204758 or 07789000251. **Website:** www.cocoed.org.uk

Counselling service for adults and young people, 16 and over. Affordable counselling on a sliding scale depending on your ability to pay.

Crew 2000

Crew 2000 - Mind Altering shop, Cockburn Street, Edinburgh. **Tel:** 0131 220 3404.

Website: www.crew2000.org.uk

Counselling service for drug users who want support to explore your drug use.

Crossreach Counselling Services

Wallace House, 3 Boswall Road, Edinburgh, EH5 3RJ. **Tel:** 0131 538 7288.

Website: www.crossreach.org.uk

Counselling service for children and adults. Donations are depending on your ability to pay.

Cruse Bereavement Care

Tel: 0844 477 9400. **Website:** www.crusebereavementcare.org.uk

Counselling support for children and adults in times of bereavement.

ELCA(Edinburgh and Lothian Council on Alcohol)

6 Clifton Terrace, Edinburgh, EH12 5DR. **Tel:** 0131 337 8188.

Website: www.elcaalcohol.co.uk

Offers a counselling service.

Edinburgh Women's Rape and Sexual Assault Centre

1 Leopold Place, Edinburgh, EH7 5JW. **Tel:** 0131 556 9437. **Website:** www.ewrasac.org.uk

Free and confidential counselling to women, young people and all members of the transgender community who have experienced sexual abuse at any time in their lives.

Health in Mind

40 Shandwick Place, Edinburgh, EH2 4RT.

Tel: 0131 225 8508. **Website:** www.health-in-mind.org.uk

Trauma Counselling Line Scotland – free, confidential telephone service for adult survivors of childhood trauma.

Life and Soul Counselling

The Wellness Centre at Woodcroft, 4 bridge Road, Balerno, Edinburgh, EH14 7AH.

Tel: 0131 451 5226. **Website:** www.stmungos.org

Counselling service for adults. The service is run by St Mungos church and is available to everyone who is in distress. Payment is by donation.

Lifeline

24A Haddington Place, Leith Walk, Edinburgh EH7 4AF.

Tel: 0131 557 2060. **Website:** www.lifelinecounselling.org

Generic counselling for everyone and specialist pregnancy counselling support. Donations are on your ability to do so.

Link Up

Link Up Women's Support Centre, Lochend House, 33 Lochend Road South, Edinburgh, EH7 6BR. **Tel:** 0131 661 9292. **Website:** www.link-upsupport.co.uk

Support for women with mental health difficulties. They provide a counselling service.

LGBT

9 Howe St, Edinburgh, EH3 6TE.

Tel: 0131 653 3283 **Website:** www.lgbthealth.org.uk

Eight sessions of counselling for people with Lesbian, Gay, Bisexual and Transsexual difficulties.

North East Edinburgh Counselling Service

31 Haddington Place, Leith Walk, Edinburgh EH7 4AG.

Website: www.neecscounselling.org.uk

A counselling service for North East Edinburgh. There is a charge for this service dependant on your ability to pay.

Post Natal Depression Services

Wallace House, 3 Boswell Road, Edinburgh, EH5 3RJ. **Website:** pnd@crossreach.org.uk

Counselling and support for parents with Post Natal Depression.

Pilton Counselling Services

73 Boswall Parkway, Edinburgh, EH5 2PW. **Tel:** 0131 551 1671. **Website:** www.pchp.org.uk

This is a free counselling service for people over 16 years old in the Pilton area who would like help with emotional, personal or relationship difficulties.

PF Counselling Service

8 Balcarres Street, Edinburgh, EH10 5JB. **Tel:** 0131 447 0876.

Website: www.pfcounselling.org.uk

Counselling service for adults aged 18 and over. Payment is based on your ability to do so.

Saheliya

125 McDonald Road, Edinburgh, EH7 4NW.

Tel: 0131 556 9302. **Website:** www.saheliya.org.uk

Black and ethnic minority women's mental health service. It offers counselling, group support, befriending and complementary therapies.

Simpson House Counselling Service

52 Queen Street, Edinburgh, EH2 3NS. **Tel:** 0131 225 6028.

Website: www.simpson-house.org

A free counselling service for people and their families affected by drug and alcohol misuse.

Stafford Centre

103 Broughton Street, Edinburgh, EH1 3RZ.

Tel: 0131 557 0718. **Website:** www.supportinmindscotland.org.uk

A community resource for people in Edinburgh with mental health problems. They provide a counselling service.

The Junction

160 – 162 Great Junction Street, Leith, Edinburgh, EH6 5LJ. **Tel:** 0131 553 0570.

Website: www.the-junction.org

This counselling service is for 12 – 21 year olds living in Leith and North East Edinburgh.

Vocal (Voice of Carers Across the Lothians)

8 – 13 Johnston Terrace, Edinburgh, EH1 2PW. **Tel:** 0131 662 6666.

Website: www.vocal.org.uk

Counselling service for carers.

Wester Hailes Health Agency

40 Dumbryden Drive, Edinburgh, EH14 2QR. **Tel:** 0131 458 3080.

Website: www.whhealthagency.co.uk

Free counselling service for adults over 16 years in Wester Hailes and neighbouring areas.

Employment Support

Careers Scotland

Careers Scotland Centre, 79 Shandwick Place, Edinburgh, EH2 4SD.

Tel: 0845 850 2502. **Website:** www.careers-scotland.org

Careers advice, interview training and C.V. workshops.

Cyrenians

Norton Park, 57 Norton Park, Edinburgh, EH7 5QY.

Tel: 0131 475 2494. **Website:** www.cyrenians.org.uk

Enterprise to Employment – work experience for people needing to improve their employability skills.

Flexible Working for Carers

The Work and Families Act 2006 allows carers the right to request flexible working to help manage work and their caring responsibilities. For more information the Employers guide to work and caring from Carers Scotland free of charge on 0141 221 9141. VOCAL can also give advice and help on 0131 622 6666.

Intowork

Norton Park, 57 Albion Road, Edinburgh EH7 5QY.

Tel: 0131 475 2600. **Website:** www.intowork.org.uk

A supported employment service for people with disabilities and health conditions in Edinburgh.

Princes Trust - Edinburgh

Edinburgh Centre, 73 Ferry Road, Edinburgh, EH6 4AQ.

Tel: 0131 553 0850. **Website:** www.princes-trust.org.uk

Providing courses to give you skills, work experience and support towards employment for young people aged 16 -25.

Real Jobs

The Action Group Norton Park Centre, 57 Albion Road, Edinburgh EH7 5QY.

Tel: 0131 475 2315. **Website:** www.actiongroup.org.uk

Employment support service working with people with additional support and learning disabilities.

The Gallery on the Corner

34 Northumberland Street, Edinburgh EH3 6LS. **Tel:** 0131 557 8969.

Website: www.thegalleryonthecorner.org.uk

A social firm developed by Autism Initiatives Scotland creating employment and experiences for people with Autism Spectrum Condition in Scotland. The gallery offers apprenticeships to 16 to 25 year olds with autism spectrum conditions in art and retail.

The Shaw Trust

Tel: 01225 716300. **Website:** www.shaw-trust.org.uk

This charity supports people with disabilities to find jobs.

Woodhall at the Inch

Enable Scotland, Employment Support Unit, Inch Nurseries, 46 Old Dalkeith Road, Edinburgh EH16 4TD. **Tel:** 0131 672 1541.

Helping adults with learning difficulties look for suitable employment.

Working for Families

Freephone: 0800 432 0044. **Website:** www.edinburgh.gov.uk/workingforfamilies

Supports parents into employment and training.

WEACT (formally West Edinburgh Action)

Stevenson College, 55 Sighthill Road, EH11 4PB. **Tel:** 0131 477 2800.

Website: www.stevenson.ac.uk/weact

A Stevenson College initiative to help improve employability for people in South West, City Centre, South Central, Pentlands and South Edinburgh areas.

Funding

Career Development Loans

Tel: 0800 585 505.

Apply for loans between £300 and £8000 to pay for job related training.

ILA Scotland

Tel: 0808 100 1090. **Website:** www.ilascotland.org.uk

Up to £500 towards cost of learning if you live in Scotland, are 16 and over and your income is £18,000 or less or if you are on benefits.

John Watson's Fund

Iola Wilson (Administrator), John Watson Trust, The Signet Library, Parliament Square, Edinburgh EH1 1RF. **Tel:** 0131 220 1640, 0131 220 3249

Website: Google - John Watson trust

Grants for under 21's with physical and learning disabilities or financial deprivation. The grants are for educational purposes for individuals, groups and organisations.

One Parent Families Scotland

Tel: 0808 801 0323. **Website:** www.opfs.org.uk

Information on funding and childcare for Lone parents.

The Student Awards Agency for Scotland

Tel: 0131 476 8212. **Website:** www.student-support-saas.gov.uk

Financial assistance for higher education. Certain criteria needs to be met. Disabled Student Allowance (DSA) can be applied for providing you are on an HNC course or above.

Health

Crew 2000

Crew 2000 – Mind Altering shop, Cockburn Street, Edinburgh. **Tel:** 0131 220 3404.

Website: www.crew2000.org.uk

Sexual Health, drugs counselling, drop in, outreach to help people with who misuse drugs and training for professionals.

Health All Round

Springwell House, Ardmillan Terrace, Edinburgh, EH11 2JL.

Tel: 0131 537 7530. **Website:** www.healthallround.org.uk

A community health project to help improve and maintain emotional, physical and social well-being for residents in Gorgie, Dalry and surrounding areas within South West and Central Edinburgh.

Turning Point

Turning Point Leith, Turning Point Scotland Edinburgh Services, 5 Links Place, Edinburgh EH6 7EZ. **Tel:** 0131 554 7516. **Website:** www.turningpointscotland.com

Support for people of North East Edinburgh who have difficulty with drug and alcohol misuse.

Turning Point, CARS, 5 Links Place, Edinburgh EH6 7EZ. **Tel:** 0131 553 2222.

Support for people in Edinburgh who have difficulty with drug and alcohol misuse.

Leisure and Holidays

Cinema Exhibitors Association Card (CEA)

The Card Network, Network House, St Ives Way, Sandycroft, CH5 2QS.

Tel: 0845 123 1292. **Website:** www.ceacard.co.uk

This card is a national cinema card which allows a disabled person to take a carer free to the cinema. However the card is only available if you are in receipt of Disability Living Allowance, Attendance Allowance or are registered blind. You can download an application from the website or pick up one from your local cinema. There is a charge for the card.

Dancebase

National Centre of Dance, 14-16 Grassmarket, Edinburgh, EH1 2JU.

Tel: 0131 225 5525. **Website:** www.dancebase.co.uk

Edinburgh Leisure

Tel: 0131 458 2100. **Website:** www.edinburghleisure.co.uk

Edinburgh Leisure has coached activities for babies through to adults.

Edinburgh and Lothians Greenspace Trust

109/11 Swanston Road, Edinburgh, EH10 7DS

Tel. 0131 445 4925. **Website:** www.elgt.org.uk

A free programme of environmental and community projects for all ages.

Outdoor Diary

Tel: 0845 367 3787. **Website:** www.outdoor-diary.info

A diary of outdoor activities in Edinburgh, Lothians and Scottish Borders for all ages. Run by Rangers, forestry commission and others.

Seagull Trust

Canal Side, Braid Road, Ratho, Edinburgh, EH28 8RA.

Tel: 0131 333 0322. **Website:** www.seagulltrust.org.uk

The seagull trust provides free canal cruising for people with disabilities on the Union, Forth and Clyde and Caledonian canals.

Rebus Tours

Tel: 0131 553 7473. **Website:** www.rebustours.com

Experience the dark and hidden world of the Ian Rankin Rebus novels with walking tours of the places in the novels.

Venture Scotland

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.

Tel: 0131 475 2395. **Website:** www.venturescotland.org.uk

Takes groups of 16 – 30 year olds for residential weekends or week long programmes to people who do not have such opportunities.

Whale Arts Agency

30 Westburn Grove, Edinburgh, EH14 2SA. **Tel:** 0131 458 3267.

Website: www.whalearts.co.uk

This is a community based arts centre in Wester Hailes. They provide creative art activities for all ages. Their programme changes regularly so contact them for details.

Mental HealthHealth in Mind Information Resource Centre

40 Shandwick Place, Edinburgh, EH2 4RT.

Tel: 0131 225 8508. **Website:** www.health-in-mind.org.uk

This library provides a comprehensive resource for information on Mental Health. Opening times: Monday – Friday 10am to 4pm (answer machine available)

Health in Mind

40 Shandwick Place, Edinburgh, EH2 4RT.

Tel: 0131 225 8508. **Website:** www.health-in-mind.org.uk

Services for adults aged 16 and over with mental health difficulties.

Outlook

Springwell House, Ardmillan Terrace, Edinburgh, EH11 2JL.

Tel: 0131 537 7571. **Email:** admin@outlookproject.co.uk

An adult education project for people who access mental health services.

Penumbra

5 Leamington Terrace, Edinburgh, EH10 4JW.

Tel: 0131 228 1335. **Website:** www.penumbra.org.uk

Milestone ARBD Providing short term care for adults with Alcohol Related Brain Damage

Plan to Change A peer support project for people experiencing mental health difficulties.

Self Harm Project A community outreach project providing people who self-harm with a confidential, safe, non-judgemental environment in which to explore their feelings (adults from 16 years old).

Crisis Centre for people experiencing mental distress. Centre offers 1:1 support and information and a 24 hour helpline.

Tel: 08088010414. **Website:** www.edinburghcrisiscentre.org.uk

Stafford Centre

103 Broughton Street, Edinburgh, EH1 3RZ.

Tel: 0131 557 0718. **Website:** www.supportinmindscotland.org.uk

A community resource for people in Edinburgh with mental health problems. They provide a drop in service, support groups, counselling, employability service and information mornings.

The Mental Welfare Commission for Scotland

Thistle House, 91 Haymarket Terrace, Edinburgh, EH12 5HE.

Advice Line: 0800 389 6809.

Website: www.mwscot.org.uk

An independent organisation working to safeguard the rights and welfare of everyone with a mental illness, learning disability or mental disorder.

Anxiety UK

Tel: 08444 775 774. **Email:** info@anxietyuk.org.uk

A charity formed 30 years ago by a sufferer of agoraphobia for those affected by anxiety disorders.

Bipolar Fellowship Scotland

Tel: 0141 560 2050. **Website:** www.bipolarscotland.org.uk

Bluebell at Parentline

Tel: 0800 345 7457

A confidential telephone helpline supporting mothers with post natal depression.

Breathing Space

Tel: 0800 83 85 87. **Website:** www.breathingspacescotland.co.uk

A listening service for people feeling low or depressed.

Depression Alliance Scotland

Tel: 08451 23 23 20. **Website:** www.actionondepression.org

Information and support for people affected by depression.

Edspace

Website: www.edspace.org.uk

Edinburgh's mental health information website.

Living life to the full

Website: www.livinglifetothefull.com

This website offers a free life skills course that aims to provide access to practical help in looking after your mental health.

MIND

Tel: 0845 766 0163. **Website:** www.mind.org.uk

Mental Health advice website

Mental Health Foundation

Website: www.mentalhealthfoundation.org.uk

Moodjuice

Website: www.moodjuice.scot.nhs.uk

Self help mental health website.

National Self-Harm network

Website: www.nshn.co.uk

Samaritans

Tel: 08457 90 90 90. **Website:** www.samaritans.org

A telephone listening service.

SANEline

Tel: 0845 767 8000.

A helpline providing information and advice for people experiencing mental illness and their families.

Scottish Association for Mental Health (SAMH)

Tel: 0141 568 7000. **Website:** www.samh.org.uk

Support for Carers

Broomhouse Carers Support Project

The Broomhouse Centre, 79-89 Broomhouse Crescent, Edinburgh, EH11 3RH.

Tel: 0131 455 7731. **Website:** www.broomhousecentre.org.uk

Support groups for carers aged over 16 years old. Information and advocacy support.

CA(I)IRE

The Eric Liddell Centre, 15 Morningside Road, Edinburgh, EH10 4DP. **Tel:** 0131 446 3319.

Website: www.ericliddell.org

This charity provides courses and information for carers. This includes support groups, training and leisure activities.

Care for Carers

Lochend House, 33-35 Lochend Road South, Edinburgh, EH7 6BR. **Tel:** 0131 661 2077.

Website: www.care4carers.org.uk

This service provides local support services for carers in North Edinburgh and stress management, respite and subsidised complementary therapies for carers in Edinburgh.

Crossroads (caring for Carers)

Edinburgh – Springwell House, 1 Gorgie Road, Edinburgh EH11 2LA. **Tel:** 0131 346 1596.

Midlothian and East Lothian – Edenhall Hospital, Pinkieburn, Musselburgh, EH21 7TZ.

Tel: 0131 665 3810.

Short breaks for carers in their own homes.

Eating Disorders Group for Carers

Tel: 0131 270 6087. **Email:** linda@edinburghcarerscouncil.co.uk

A support group for carers of people with eating disorders.

Edinburgh Carers Council

The Canon Mill, 1-3 Canon Street, Edinburgh, EH3 5HE. **Tel:** 0131 270 6087/6089.

Website: www.edinburghcarerscouncil.co.uk This is a support service for carers of people with mental health difficulties providing advocacy, information and learning opportunities for carers.

Edinburgh Carers Support

Unit 6, Newington Business Centre, Dalkeith Road Mews, Edinburgh, EH16 5GA.

Tel: 0131 662 2280.

Support for families, carers and friends of people with mental illness.

Edinburgh Carer Support Team

Carers Support Team, Leith Community Treatment Centre, Junction Place, Edinburgh, EH6 5JQ.

Tel: 0131 536 3371. **Email:** carer.support@luht.scot.nhs.uk

Supporting people aged 12 or over who look after a relative, partner, friend or neighbour.

Edinburgh Crisis Centre

Tel: Freephone 0808 801 0414. **Website:** www.edinburghcrisiscentre.org.uk

Providing a community based, emotional and practical support to people over 18 who use crises. Freephone telephone helpline is also available.

Family Work

Website: www.meridenfamilyprogramme.com

Practical support for carers, relatives and friends of people with mental health problems. GP or hospital referral required.

Lothian Bipolar Group

Tel: 0141 560 2050. **Website:** www.bipolaredinburgh.org.uk

Carers support with a programme of visiting speakers.

MECOPP Minority Ethnic Carers

MECOPP Carers Centre, 23 Leith Walk, Edinburgh, EH6 8LN. **Tel:** 0131 467 2994.

Website: www.mecopp.org.uk

A support service for black and ethnic minorities. They have a resource library available to anyone.

North West Carers Centre

North West Carers Centre, Drylaw Neighbourhood Centre, 67b Groathill Road North, Edinburgh, EH4 2SA.

Tel: 0131 315 3130. **Email:** resource@nwcarers.org.uk

Providing support for carers in North West Edinburgh.

The Edinburgh Self Harm Project Parents and Carers Group

Tel: 0131 229 6262.

Support for carers supporting someone up to the age of 25 years who self harm.

Vocal (Voice of Carers Across Lothian)

8 – 13 Johnston Terrace, Edinburgh, EH1 2PW. **Tel:** 0131 662 6666.

Website: www.vocal.org.uk

Supporting carers over 18 years.

Wester Hailes Health Agency

40 Dumbryden Drive, Edinburgh, EH14 2QR. **Tel:** 0131 458 3080.

Support for carers living in the Wester Hailes and the surrounding areas. They provide advice, counselling, relaxation therapies and advocacy among other things.

Support for Special NeedsArtlink

13a Spittall Street, Edinburgh, EH3 9DY.

Tel: 0131 229 3555 **Website:** www.artlinkedinburgh.co.uk

Providing opportunities for people with disabilities to access the arts.

Attention Deficit Hyperactivity Disorder

Website: Google: Scottish ADHD Adults

Helping ADHD adults in Scotland run by adults with ADHD for adults (18 years +) with ADHD.

Autism and Aspergers SyndromeAutism Initiatives Scotland

Website: www.autisminitiatives.org

Autism Initiatives operates throughout the UK providing services to support people with Autism and Aspergers syndrome. For adults in the Lothian region there is a one stop shop called Number 6, 24 Hill Street, Edinburgh, EH2 1EA. **Website:** www.number6.org.uk

Parents of Autistic Spectrum Disorder Adults (PASDA) is a monthly support group held at Number 6.

Autism Respite and Short Breaks

Clannalba Respite and Transitional Assessment Service, Edinburgh Road, Lamington, Biggar, ML12 6HP. **Tel:** 0845 300 9272. **Email:** clannalba@scottishautism.org

Edinburgh and Lothians Aspergers Society

Website: www.elas-scot.org.uk

ELAS is a group for adults in Edinburgh and the Lothians with Aspergers Syndrome. Monthly support meetings and other events available.

Dyslexia

Website: www.dyslexiascotland.org.uk **Tel:** 01786 446650.

Website: www.dyslexiaaction.org.uk **Tel:** 0141 334 4549.

Dyspraxia

Website: www.dyspraxiafoundation.org.uk

Edinburgh has a local group. **Tel:** 01462 454 986 for details of what's on.

Upward Mobility

Arts Complex, St Margaret's House, 151 London Road, Edinburgh, EH7 6AE.

Tel: 0131 661 4411. **Website:** www.upwardmobilityproject.com

A community arts programme offering creative workshops for adults with learning disabilities in Edinburgh and East Lothian.

Volunteering

Edinburgh Time Bank

Website: www.edinburghtimebank.org.uk

A new opportunity for people to share time and skills and help develop their communities. Collect time credits by volunteering your time and talents. Available in Portobello, Leith, North Edinburgh, Broomhouse and West Edinburgh.

Volunteer Centre Network

Website: www.volunteerscotland.org.uk

Volunteering opportunities for 16 years old plus. Volunteering is a good way to enhance your C.V. MV awards are volunteering awards supported by the Scottish Government open to all 16-25 year old volunteers in Scotland.

Unwanted Offers

Mailing Preference Service

Tel: 0845 703 4599. **Website:** www.mpsonline.org.uk

Free service for stopping unwanted junk mail.

Telephone Preference Service

Tel: 0845 070 0707. **Website:** www.tpsonline.org.uk

Free telephone service to stop unwanted calls from UK based companies.

Useful Telephone Numbers and Websites

Alcohol Focus Scotland

Tel: 0141 572 6700. **Website:** www.alcohol-focus-scotland.org.uk

Information about the harmful effects of drinking to excess and how to help.

Anxiety Tribe

Website: www.anxietytribe.com

A social networking site for people with anxiety difficulties.

ASH Scotland

Website: www.ashscotland.org.uk

Information about smoking and its harmful effects. Help to quit smoking.

Broken Rainbow UK

Tel: 0300 999 5428.

Support for lesbian, gay, bisexual and transgender people experiencing domestic abuse.

Domestic Abuse Helpline

Tel: 0800 027 1234.

Edmesh

Website: www.edmesh.org.uk

A self-help website for people with Chronic Fatigue Syndrome/M.E. based in Edinburgh.

They hold monthly support meetings.

Gingerbread

Tel: 0141 576 5085/7976. **Website:** www.gingerbread.org.uk

Advice and information for lone parent families.

Men's advice line

Tel: 0808 801 0327.

For men experiencing domestic violence.

Parent line

Tel: 0808 800 2222.

A free, confidential telephone helpline for anyone caring for a child.

Rape Crisis Scotland

Tel: 08088 01 02 03. (Daily 6pm – 12 midnight)

Respect

Tel: 0845 122 8609.

Phone line help if you are abusive towards your partner.

Stillbirth and Neonatal Death Society

Helpline Tel: 0207 436 5881. **Website:** www.uk-sands.org

Survivor Scotland

Website: www.survivorsscotland.org.uk

For survivors of childhood sexual abuse.

Women's Aid Edinburgh

132 Rose Street, Edinburgh, EH2 3JD **Tel:** 0131 240 0308.

Website: www.scottishwomensaid.org.uk

Welfare Rights and benefits

Family Advice and Information Resource (FAIR)

95 Causewayside, Edinburgh EH9 1QG. **Tel:** 0131 662 1962.

Website: www.fairadvice.org.uk

Information and advice for people caring for or working with people with learning disabilities. Help with Disability Living Allowance Form.

The Advice Shop

249 High Street, Edinburgh, EH1 1YJ. **Tel:** 0131 200 2360.

Email: advice.shop@edinburgh.gov.uk

Offers information and advice on welfare benefits and rights, money and debt.