

Organisations and Resources to Support People In Distress, Crisis, Trauma and Adversity

Mental Health, Wellbeing, Crisis Support



Andy's Man Clubs meet every Monday at 7pm (excluding Bank Holiday Mondays). A free peer-to-peer group for men to talk about the issues or problems that they have faced or are currently facing, for any man 18 or over, www.andysmanclub.co.uk

Breathing Space
Open up when you're feeling down

Need help now? Call free on
0800 83 85 87

Opening hours
Weekdays: Monday-Thursday 6pm to 2am
Weekend: Friday 6pm-Monday 6am
This service is for people in Scotland

Distress Brief Intervention service



By calling NHS 24 for **emotional support** you can speak with a mental health support worker and if appropriate you will be referred to the Distress Brief Intervention service. The DBI service will contact you within 24 hours of your referral and will support you for the next 14 days, working with you to address some of the difficulties you are experiencing and will explore ways of preventing and managing any future distress. NHS 24 are available 24/7 by calling Tel: 111

Edinburgh Crisis Centre

Free 24-hour free helpline **0808 801 0414** email crisis@edinburghcrisiscentre.org.uk

Edinburgh Mental Health Assessment Service (MHAS) An emergency service for people experiencing a **mental health crisis** that may require admission to hospital. 0131 537 6000 Open 24/7



Harmless Self Harm and Suicide Prevention Resources and e-learning for all ages



Self Injury Guidance and Support network <https://www.lifesigns.org.uk>



Papyrus- suicidal support for young people <https://papyrus-uk.org/>



Edinburgh Self-Harm Support Service. Self referral via form, link below

<https://www.penumbra.org.uk/services/edinburgh-trauma-informed-self-harm-support-service/>



SHOUT Free and confidential text-based support for **anyone struggling to cope**. Op. Text SHOUT to 85258



The Changing Room groups, run intermittently 1 for men aged 30 to 64 and 1 for women 18 to 30, 12 week programme offers participants opportunities to meet up, engage in activities together and start positive conversations about their **mental health and wellbeing**. Held in The Shed, at Tynecastle Park on Monday evenings, from 6pm – 7.30pm. Email thechangingroom@bighearts.org.uk 0131 603 4929



<https://www.themix.org.uk/> Mental health, wellbeing and crisis support for under 25s

☎ 0808 808 4994

💬 1-2-1 Chat

📧 Crisis Messenger

Trauma specific



National Association for People Abused in Childhood. A free, confidential support line: 0808 801 0331
Monday to Thursday: 10am – 9pm Friday: 10am – 6pm <https://napac.org.uk>

Trauma Counselling Line Scotland A free telephone and video counselling service for adults who experienced **abuse in childhood**, aged 16+. Complete an enquiry form <https://www.health-in-mind.org.uk/services/trauma>

Specific Trauma support- Gender Based Violence, LGBT, BAME, Bereavement



Beira's Place -sexual violence support project across Lothian region for women survivors of sexual abuse aged 16 +, Mon- Fri 10am- 5pm – 0131 526 3944 ,email support@beirasplace.org.uk



Rape Crisis Scotland support line (6 pm – 12am): 0808 801 0302. 0131 536 1070 <https://www.ercc.scot>
Email support@ercc.scot.



SARCS SARCS NHS Scotland's Sexual Assault Response Coordination Service (SARCS) on 0800 148 88 88 (open 24 hours, 7 days a week), for an **independent forensic examination service** within 7 days of the incident, without making a report to the police



Edinburgh Womens Aid Support for women experiencing domestic abuse and a dedicated court support project 0131 3158110 or duty@edinwomensaid.co.uk

Scottish Women's Aid Provides advice, support and safe accommodation **for women (and their children) who have been** abused by their partner or ex-partner. Contact: 0131 226 6606



For women and children.

24-hour National **Domestic Abuse** Helpline: 0808 2000 247



Scotland: **Domestic Abuse and Forced Marriage Helpline** (Freephone 24/7): 0800 027 1234
<https://www.sdafmh.org.uk>



Scottish Women's Rights Provides legal advice, advocacy support, and information for **female survivors of GBV**. Contact: 08088 010 789



The National **Stalking Helpline** 0808 802 0300



LGBT helpline Scotland offer information and emotional support to the lesbian, gay, bisexual and transgender (LGBT) community across Scotland, including queer, intersex, asexual people and all identities under the LGBTQIA+ umbrella. <https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/> 0300 123 2523



Score Scotland serve communities in the West of Edinburgh, providing communities with advice and information, advocacy and representation for people experiencing **racial discrimination, abuse or harassment**.
www.scorescotland.org.uk

Feniks FENIKs offer therapy and counselling for adults from **Polish, Ukrainian and other Central Eastern** European communities. Community Link Worker support and other projects also available 0131 629 1881 info@feniks.org.uk



Saheliya is a specialist mental health and well-being support organisation for **black, minority ethnic**, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow
www.saheliya.co.uk



Men's Advice Line for **male victims of domestic abuse**: 0808 801 0327

safeline Safe Line - A helpline for **male survivors of sexual violence**. Contact: 0808 800 5008



Survivors UK A national helpline for men, or anyone who has **formerly identified as male**, who have experienced **sexual abuse**: Text - 020 3322 1860 or live chat at www.survivorsuk.org

Bereavement Support



Cruse [0808 808 1677](tel:08088081677) and Cruse Chat also available on <https://www.cruse.org.uk>



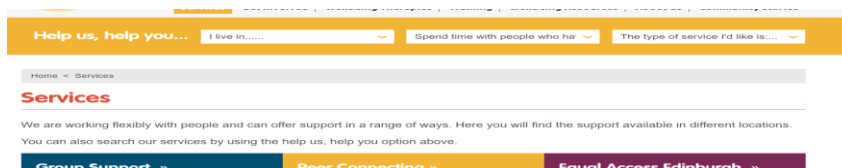
Help for bereaved people to find support and wellbeing <https://www.ataloss.org/>Survivors of

SOBS-Bereavement by Suicide Edinburgh Peer led support group Jacqui on 07787 580 998 edinburghsobs@gmail.com <https://uksobs.org>


Online Resources and Directories

iThrive Edinburgh

An online space for mental health and wellbeing information in Edinburgh, offering information about local mental health and wellbeing services and support **and** resources to support self-help and self-management. Use search bar to find services around need and preferred support options



EVOC Edinburgh Voluntary Organisations' Council Third Sector Interface

 <https://www.evoc.org.uk/about-evoc/red-book> An online directory of community and voluntary sector organisations and services across Edinburgh.

Health and Social Care Alliance Scotland-ALISS



A Local Information System for Scotland to help you find help and support close to you when you need it most. Search for services, groups and activities in Scotland <https://www.aliss.org>

Childhood Trauma Recovery Network

<https://www.traumarecoverynetworkuk.org/>

ACEs Introduction to Adverse Childhood Trauma <https://www.acesonlinelearning.com>

Staying Safe from Suicidal Thoughts <https://stayingsafe.net/> StayingSafe.net offers compassion, kindness and ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.



Supportive ideas-Soothing kit and Grounding techniques

<https://creativityintherapy.com/2016/05/create-a-sensory-self-soothing-kit/>



Getselfhelp.co.uk

Self Support for Mental Health-Great website offering free CBT based tools and resources <https://www.getselfhelp.co.uk/>

Money



Citizens Advice - Specialising in confidential information and advice to assist people with legal, debt, consumer, housing, and other problems in the UK. Open: Monday to Friday 9am – 5pm 0131 550 1000



Scottish Welfare Fund Provide grants for people on low income. 0131 529 5299



Debtline Provide free and independent debt advice. Call: 0808 808 4000

Housing & Homelessness



Shelter's Housing Advice One-to-one personalised help with housing issues and homelessness

0808 800 4444

The Access Place -Integrated services including housing, health and social work from one city centre location. They offer services to anyone experiencing homelessness who has additional needs. 0131 529 5015

Emergency Housing (Edinburgh) Advice and support for people with emergency housing issues. 0800 032 5968

Edinburgh Housing Advice Organisation Free housing, advice, information, and representation to tenants of all tenure types in Edinburgh and Midlothian. 0845 302 4607

Emergency homeless out of hours service (City of Edinburgh Council) Monday to Thursday 5pm to 8.30am, Friday 3.40pm to Monday 8.30am. Freephone 0800 032 5968, Local rate 0131 200 2000

rock trust

ENDING YOUTH HOMELESSNESS

Rock Trust Support young people in Scotland aged 16-25 who are homeless or at risk of homelessness in the form of housing support, 1:1 support workers, health and wellbeing support. hello@rocktrust.org 0345 222 1425. <https://www.rocktrust.org/>

STREETWORK Crisis Centre support service for anyone homeless in Edinburgh 0808 178 2323

APPS



Bright Sky A safe, easy to use app and [website](#) that provides practical support and information on how to respond to domestic abuse. Free



Calm Harm- can help you reduce the urge to self-harm through different distraction and mindfulness activities- Free



Catch it- an easy to use mood tracker and diary. Free



Decider Skills The Decider skills are CBT skills to help tolerate distress, be more mindful, manage our emotions and improve communication. Distilled complex psychological theory into effective, simple evidence based skills. The Decider skills are changing lives and saving lives. Free



DistrACT- provides access to information related to suicidal thoughts and self-harm



Equoo

An online game to help you build resilience and tackle anxious feelings

MeeTwo

MeeTwo is a fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in-app links to UK charities and helplines. Free



Addressing the youth mental crisis through video gaming <https://superbetter.com/>

Staff Wellbeing

The National Wellbeing Hub is a one-stop-shop, to help support staff in health and social care in Scotland. It offers a compassionate listening service for **health and social care staff**, whenever you need it – 24 /7 **0800 111 4191** <https://wellbeinghub.scot>

Please go to <https://www.nes.scot.nhs.uk/our-work/trauma-national-trauma-training-programme/> for further training and resources

Further Learning

<https://www.carolynspring.com/> Free resources and trainings on trauma, dissociation and recovery.

<https://napac.org.uk/> Online training for abuse, trauma and recovery and free resources f

Trauma E-Learning modules, with facilitator notes

<https://learn.nes.nhs.scot/37898> Trauma informed Level 1

<https://learn.nes.nhs.scot/37899> Trauma Skilled Level 2

Supporting Wellbeing E-Learning modules

<https://learn.nes.nhs.scot/61302> Psychological first aid

<https://learn.nes.nhs.scot/30532> Psychosocial mental health and wellbeing support

Preventing Self-harm and Suicide Learning Resources . <https://learn.nes.nhs.scot/33738/mental-health-improvement-and-prevention-of-self-harm-and-suicide/skilled-level-resources>

Children and Young People <https://learn.nes.nhs.scot/33734>

Other national organisations

- Mind <https://www.mind.org.uk/>
- Barnardo's <https://www.barnardos.org.uk/>
- Young Minds <https://youngminds.org.uk/>
- Mind Ed <https://www.minded.org.uk/>
- PTSD UK <https://www.ptsduk.org/>
- Our Time <https://ourtime.org.uk/>
- Victim Support <https://www.victimsupport.org.uk/>
- Samaritans <https://www.samaritans.org/>
- Xenzone <https://xenzone.com>

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