**Wellness Support Leaflet**

**In document links:**

**Jump to:**

[**Emergency Mental Health Support**](#EmergencyMH)

[**General Mental health Support**](#GeneralMH)

[**Addiction Support**](#Addiction)

[**Bereavement**](#Bereavement)

[**Black, Asian and Ethnic Minority**](#BAME)

[**Carers**](#Carers)

[**Criminal Justice**](#Criminal)

[**Domestic and Gender Based Violence**](#Domviolence)

[**Eating Disorders**](#Eating)

[**LGBTQ+**](#LGBT)

[**Loneliness and Isolation**](#Loneliness)

[**Disability & Long-Term Conditions**](#Disability)

[**Maternal and Paternal Mental Health**](#Maternal)

[**Relationships**](#Relationships)

[**Financial Support and General Consumer Advice**](#Financial)

**Employee Assistance Programme**

**ESC Employee Assistance Programme - AXA Health**

Confidential support and reliable information for ESC employees. Access the AXA welcome pack [here](file:///O%3A%5CStaff%5C2021-22%5CCounselling%20support%20services%5CWelcome%20Pack) for all the programme details (internal link)

Call **0800 072 7072 (24 hours, 365 days)**

**Access online help when you need it through the BeSupported programme**

| **Theme** | **Helplines** | **Useful Websites and Email** |
| --- | --- | --- |
| **Emergency Mental Health Support****Emergency Mental Health Support****Emergency Mental Health Support****Emergency Mental Health Support** | **NHS 24***Urgent health advice out of hours (when your GP is closed)** Call **111**
 | **NHS Inform*** <https://www.nhsinform.scot/illnesses-and-conditions/mental-health>
 |
| **Samaritans** *A safe place for people to talk anytime, in their own way, about what’s getting to you** Call **116 123**
 | **Samaritans*** [www.samaritans.org](http://www.samaritans.org)
* Email: jo@samaritans.org
 |
| **Edinburgh Crisis Centre***Help if you are experiencing a mental health crisis and need to talk to someone** Call **0808 801 0414**
* Text 07974 429075
 | **Edinburgh Crisis Centre*** Email: crisis@edinburghcrisiscentre.org.uk
 |
| **Mental Health Information Station***First stop for mental health information and resources** Call **0131 537 8688**

**10 mins walk from Thistle House**  | **Mental Health Information Station*** **Email:** MentalHealthInformaton@nhslothian.scot.nhs.uk

A close up of a map  Description automatically generated |
| **Breathing Space***Free, confidential service for anyone feeling low, anxious or depressed** Call **0800 838 587**
 | **Breathing Space*** [www.breathingspace.scot](http://www.breathingspace.scot)
 |
| **Papyrus Hopeline UK***Free help for children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide** Call **0800 328 9655**
* Text 07860 039967
 | **Papyrus Hopeline UK*** [www.papyrus-uk.org](http://www.papyrus-uk.org)
 |
| **NHS Lothian Mental Health Assessment Service** * **0131 537 6000**
 | **NHS Lothian Mental Health Assessment Service** * <https://www.edinburgh.gov.uk/get-care-support/contact-crisis/2>
 |
| **SHOUT***Crisis Text Service* * Text YM to **85258**
 |  |
| **Glasgow Mental Health Services***Out of hours Community Psychiatric Nurse service* * Call **0845 650 1730**
 | **Glasgow Mental Health Services*** <https://www.nhsggc.scot/your-health/right-care-right-place/mental-health/>

**Heads Up – Mental Health Support*** <https://www.nhsggc.scot/your-health/heads-up-mental-health-support/>
 |
| **NHS Lanarkshire – Urgent Help****NHS 24***Urgent health advice out of hours (when your GP is closed)*Call **111** | **NHS Lanarkshire – Urgent Help*** <https://www.lanarkshiremindmatters.scot.nhs.uk/urgent-help/>
 |
| **NHS Fife – Mental Health Emergency Services** **NHS 24***Urgent health advice out of hours (when your GP is closed)*Call **111** | **NHS Fife – Mental Health Emergency Services*** <https://www.nhsfife.org/services/all-services/mental-health/mental-health-emergency-services/>
 |
| **General Mental Health Support****General Mental Health Support****General Mental Health Support** | **Anxiety UK***Offers a range of support for all anxiety conditions (open Mon-Fri 09:30 – 17:30)** Call **03444 775 774**
 | **Anxiety UK*** <https://www.anxietyuk.org.uk/>
 |
| **Bipolar Scotland***Open to those with bi-polar and their family and friends** Call **0141 560 2050**
 | **Bipolar Scotland*** <https://bipolarscotland.org.uk/>
* **Email:** info@bipolarscotland.org.uk
 |
| **Life SIGNS***Self-injury support*  | **Life SIGNS*** <https://www.lifesigns.org.uk/>
 |
| **Living Life to the Full***Free online courses covering low mood, stress and resilience* | **Living Life to the Full*** <https://llttf.com/>
 |
| **Hearing Voices Network***Access various group support networks across Scotland*  | **Hearing Voices Network*** <https://www.hearing-voices.org/groups/scotland-hvn/>
 |
| **Mental Welfare Commission for Scotland***Can advise on rights and good practice for mental health and incapacity law and care and treatment** Call **0800 389 6809**
 | **Mental Welfare Commission for Scotland*** <https://www.mwcscot.org.uk/contact-us>
* **Email:** mwc.enquiries@nhs.scot
 |
| **Mind***Information and support for those living with a mental health problem or supporting someone who is (open Mon – Fri 09:00 – 18:00)** Call **0300 123 3393**
 | **Mind*** <https://www.mind.org.uk/>
* **Email:** info@mind.org.uk
 |
| **NHS Living Life** *Offers support to people in Scotland through cognitive behavioural therapy (open Mon – Fri 13:00 – 21:00)** Call **0800 328 9655**
 | **NHS Living Life** * <https://www.nhs24.scot/our-services/living-life/>
 |
| **No Panic***Support for those with panic disorders (open 10:00 – 22:00)** Call **0300 772 9844**
 | **No Panic*** <https://nopanic.org.uk/>
 |
| **OCD Action***Support for those living with OCD or their family, carers and friends** Call **0300 636 5478**
 | **OCD Action*** <https://ocdaction.org.uk/>
* **Email:** support@ocdaction.org.uk
 |
| **OCD-UK***Support, education and recovery for those living with OCD or their family, carers and friends (open Mon – Fri 09:00 – 12:00)** Call **01332 588112**
 | **OCD-UK*** <https://www.ocduk.org/>
 |
| **Scottish Recovery Network***Mental Health Recovery network* * Call **0300 323 9956**
 | **Scottish Recovery Network*** <https://www.scottishrecovery.net/contact/>
 |
| **SAMH (Scottish Association for Mental Health)***Support for all Scotland’s Mental Health* | **SAMH (Scottish Association for Mental Health)*** <https://www.samh.org.uk/>
 |
| **Addiction Support****Addiction Support** | **NHS Drug Addiction Services** *Online directory of over 200 agencies in Scotland who can help with drug treatment and care* | **NHS Drug Addiction Services*** <https://www.scottishdrugservices.com/>
 |
| **NHS Alcohol Support** *Support services for those impacted by alcohol addiction* | **NHS Alcohol Support** * <https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>
 |
| **Alcoholics Anonymous***Personal recovery fellowship for those with alcohol addiction** Call **0800 9177 650**
 | **Alcoholics Anonymous*** <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/scotland>
* **Email:** help@aamail.org
 |
| **Gamblers Anonymous Scotland***Personal recovery fellowship for those with gambling addiction** Call **0370 050 881**
 | **Gamblers Anonymous Scotland*** <https://ga-scotland.org/>
 |
| **Narcotics Anonymous Scotland***Support for those in recovery or who have on-going drug addiction (open 10:00 – midnight)** Call **0300 999 1212**
 | **Narcotics Anonymous Scotland*** <https://ukna.org/>
 |
| **Scottish Families Affected by Drugs and Alcohol***Support for anyone impacted by someone else’s alcohol or drug use** Call **08080 10 10 11**
 | **Scottish Families Affected by Drugs and Alcohol*** <https://www.sfad.org.uk/>
* **Email:** helpline@sfad.org.uk
 |
| **Bereavement** | **Beautiful inside and out***Hosts support information for the families of those affected by suicide** Call **07984328808**
 | **Beautiful inside and out*** <https://www.ataloss.org/faqs/beautiful-inside-and-out>
 |
| **Cruse Scotland Bereavement Support***Support for those who are grieving* * Call **0808 802 6161**
 | **Cruse Bereavement Support*** <https://www.cruse.org.uk/get-support/helpline/>
 |
| **NHS inform** *Hosts resources for those impacted by death and bereavement* | **NHS inform** * <https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement>
 |
| **Marie Curie Scotland** *Helpline for anyone affected by the death of a loved one* * Call 0800 090 2309
 | **Marie Curie Scotland** * <https://www.mariecurie.org.uk/who/what-we-do/marie-curie-scotland>
 |
| **Black, Asian and Ethnic Minority Focused Support** | **Amina Helpline** *Support and signposting services for Muslim women across Scotland* * Call **0808 801 0301**
 | **Amina Helpline** * <https://mwrc.org.uk/helpline/>
 |
| **Saheliya** *Specialist mental health and well-being support for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+)** Call Edinburgh: **0131 556 9302**
* Call Glasgow: **0141 552 6540**
 | **Saheliya** * <https://www.saheliya.co.uk/>
 |
| **Scottish Refugee Council** *Independent charity dedicated to supporting people in need of refugee protection** Call **0808 196 7274**
 | **Scottish Refugee Council** * <https://scottishrefugeecouncil.org.uk/>
 |
| **Carers** | **Carers UK Helpline** *Support for carers UK wide* * Call **0808 808 7777**
 | **Carers UK Helpline** * <https://www.carersuk.org/help-and-advice/helpline-and-other-support/>
* **Email:** advice@carersuk.org
 |
| **Carers Trust***Support for carers UK wide*  | **Carers Trust*** <https://carers.org/help-and-info/introduction>
 |
| **Care Information Scotland** *Support for carers UK wide* * Call **0800 011 3200**
 | **Care Information Scotland** * <https://www.careinfoscotland.scot/topics/support-for-carers/>
 |
| **Criminal Justice** | **Criminal Justice Alliance***Advocacy organisation providing links to support* * Call **0208 064 2218**
 | **Criminal Justice Alliance*** <https://www.criminaljusticealliance.org/about-the-cja/where-to-find-help/>
 |
| **Victim Support Scotland** *Empowering people affected by crime* * Call **0800160 1985**
 | **Victim Support Scotland*** <https://victimsupport.scot/>
 |
| **Families Outside** *Supports families affected by imprisonment* * Call 0800 254 0088
 | **Families Outside** * <https://www.familiesoutside.org.uk/>
* **Email:** support@familiesoutside.org.uk
* Text: **FAMOUT to 60777**
 |
| **Domestic Violence and Gender Based Violence****Domestic Violence and Gender Based Violence** | **Scotland’s Domestic Abuse & Forced Marriage Helpline***Support and advice in multiple language options* * Call **0800 027 1234**
 | **Scotland’s Domestic Abuse & Forced Marriage Helpline*** <https://www.sdafmh.org.uk/en/>
* **Email:** helpline@sdafmh.org.uk
 |
| **Galop***Support for LGBT+ people who have experienced abuse or violence* * Call **0800 999 5428**
 | **Galop*** <https://galop.org.uk/>
* **Email:** help@galop.org.uk
 |
| **Respect Men’s Advice Helpline***The helpline for male victims of domestic abuse* * Call **0808 8010 327**
 | **Respect Men’s Advice Helpline*** <https://mensadviceline.org.uk/>
* **Email:** info@mensadviceline.org.uk
 |
| **The Rosey Project***Sexual violence prevention and support service for young women and girls in the Glasgow and Clyde area** Call **0808 800 0014**
 | **The Rosey Project*** <https://www.roseyproject.co.uk/>
 |
| **Rape Crisis Scotland** Support for people of all genders living in Scotland aged 13+ who have been affected by sexual violence * Call **08088 010302**
* Text: **07537 410 027**
 | **Rape Crisis Scotland** * <https://www.rapecrisisscotland.org.uk/help-helpline/>
* **Email:** support@rapecrisisscotland.org.uk
 |
| **The National Stalking Helpline** *Support and information for those affected by harassment and intimidation by the behaviour of another person** Call **0808 802 0300**
 | **The National Stalking Helpline** * <https://www.suzylamplugh.org/pages/category/national-stalking-helpline>
* **Email:** advice@stalkinghelpline.org
 |
| **Encompass Network***Scottish network of agencies for those involved in or at risk of commercial sexual exploitation* | **Encompass Network*** <https://www.encompassnetwork.info/who-we-are.html>
* **Email:** info@womenssupportproject.org.uk
 |
| **Eating Disorders** | **Beat***Support to end the pain and suffering caused by eating disorders* * Call **0808 801 0432**
 | **Beat*** <https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/>
* **Email:** Scotlandhelp@beateatingdisorders.org.uk
 |
| **Mind** *Information and support service* | **Mind** * <https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/>
 |
| **LGBTQ+** | **LGBT+ Helpline Scotland** *Emotional support and information to the entire diversity of LGBT community across Scotland* * Call **0800 464 7000**
 | **LGBT+ Helpline Scotland** * <https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/>
* **Email:** helpline@lgbthealth.org.uk
 |
| **Stonewall Scotland***LGBTQ+ support and community* | **Stonewall Scotland*** <https://www.stonewallscotland.org.uk/>
 |
| **NHS Inform LGBT Helpline***Information and support to the entire diversity LGBT community across Scotland* * Call **0300 123 2523**
 | **NHS Inform LGBT Helpline*** <https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/c7ed5164aff64ce0a326846e9293d8c4%201>
 |
| **Loneliness and Isolation** | **Campaign to End Loneliness** *Hosts support links and advice for those impacted by loneliness*  | **Campaign to End Loneliness** * <https://www.campaigntoendloneliness.org/>
 |
| **SupportLine** *Support for those suffering isolation or loneliness and have experienced abuse** Call **01708 765200**
 | **SupportLine*** <https://www.supportline.org.uk/>
* **Email:** info@supportline.org.uk
 |
| **British Red Cross***Provide local support services, workshops and resources to help you deal with and overcome loneliness** Call **0808 196 3651**
 | **British Red Cross*** <https://www.redcross.org.uk/get-help/get-help-with-loneliness>
 |
| **The Silver Line** *Helpline for older people ran by Age UK** Call **0800 470 8090**
 | **The Silver Line*** <https://www.thesilverline.org.uk/>
 |
| **Age Scotland** *The national charity for those over 50 living in Scotland* * Call **0800 1244 222**
 | **Age Scotland*** <https://www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/age-scotland-helpline/>
* **Email:** helpline@agescotland.org.uk
 |
| **Disability & Long-Term Conditions****Disability & Long-Term Conditions****Disability & Long-Term Conditions****Disability & Long-Term Conditions****Disability & Long-Term Conditions****Disability & Long-Term Conditions** | **Asthma + Lung UK***UK Lung Health Charity** Call **0300 222 5800**
* WhatsApp **07378 606 728**
 | **Asthma + Lung UK*** <https://www.asthmaandlung.org.uk/>
* **Email:** helpline@asthmaandlung.org.uk
 |
| **Arthritis Action***Improving the quality of life of people affected by arthritis** Call **0203 781 7120**
 | **Arthritis Action*** <https://www.arthritisaction.org.uk/>
 |
| **Versus Arthritis***Support and information for those affected by arthritis** Call **0800 5200 520**
 | **Versus Arthritis*** <https://www.versusarthritis.org/get-help/>
* **Email:** Helpline@versusarthritis.org
 |
| **British Heart Foundation***Information and support for those with symptoms of heart disease** Call **0300 330 3322**
 | **British Heart Foundation*** <https://www.bhf.org.uk/>
 |
| **Kidney Care UK***Kidney patient support charity** Call **01420 541 424**
 | **Kidney Care UK*** <https://www.kidneycareuk.org/>
 |
| **National Kidney Federation***Kidney patient support charity** Call **01909 544 999**
 | **National Kidney Federation*** <https://www.kidney.org.uk/>
 |
| **Cancer Research UK** *Cancer research, information and support* * Call **0808 800 4040**
 | **Cancer Research UK** * <https://www.cancerresearchuk.org/>
 |
| **Macmillan Cancer Support***Supporting people living with cancer and their loved ones* * Call **0808 808 0000**
 | **Macmillan Cancer Support*** <https://www.macmillan.org.uk/>
 |
| **The ME Association***Support and information for those living with ME/CFS, PVFS and Long Covid* * Call **0344 576 5326**
 | **The ME Association*** <https://meassociation.org.uk/>
 |
| **Action for ME***Information, support and advocacy services** Call **0117 927 9551**
 | **Action for ME*** <https://www.actionforme.org.uk/>
 |
| **Diabetes UK***Support and information for those affected by Diabetes* * Call **0345 123 2399**
 | **Diabetes UK*** <https://www.diabetes.org.uk/>
* **Email:** helpline@diabetes.org.uk
 |
| **Epilepsy Scotland** *Support and advice for those living with epilepsy in Scotland* * Call **0808 800 2200**
 | **Epilepsy Scotland*** <https://www.epilepsyscotland.org.uk/contact-us/>
* **Email:** contact@epilepsyscotland.org.uk
 |
| **Fibromyalgia Action UK***U.K.’s National charity for Fibromyalgia** Call **0300 999 3333**
 | **Fibromyalgia Action UK*** <https://www.fmauk.org/contactsmenu/helplines>
 |
| **GUT’s UK***Committed to fighting all digestive disorders* | **GUT’s UK*** <https://gutscharity.org.uk/contact-us/>
 |
| **Crohn’s and Colitis UK***Information, support and advocacy services* | **Crohn’s and Colitis UK*** <https://crohnsandcolitis.org.uk/>
 |
| **Royal Osteoporosis Society***Information, support and advocacy services** Call **0808 800 0035**
 | **Royal Osteoporosis Society*** <https://theros.org.uk/>
 |
| **Pain Concern** *Improving the lives of people living with pain and those who care for them* * Call **0300 123 0789**
 | **Pain Concern** * <https://painconcern.org.uk/>
 |
| **RNI:D***Supporting people who are deaf, have hearing loss or tinnitus** Call **0808 808 0123**
* Text 07360268988
 | **RNI:D*** <https://rnid.org.uk/about-us/contact-rnid/>
* **Email:** contact@rnid.org.uk
 |
| **Deaf Action***Deaf-led charity that supports and celebrates deaf people** Call **0131 556 3128**
* WhatsApp 07775 620 757
 | **Deaf Action*** <https://deafaction.org/get-in-touch/>
* **Email:** admin@deafaction.org
 |
| **RNIB***Committed to helping blind and partially sighted people** Call **0303 123 9999**
 | **RNIB*** <https://www.rnib.org.uk/>
* **Email:** helpline@rnib.org.uk
 |
| **Sight Scotland** *Supporting those with sight loss** **Call** 0800 024 8973
 | **Sight Scotland*** <https://sightscotland.org.uk/>
* **Email:** supportline@sightscotland.org.uk
 |
| **Capability Scotland** *Support to ensure equality for disabled people in Scotland* * Call **0131 337 9876**
 | **Capability Scotland** * <https://www.capability.scot/contact-us>
 |
| **Lothian Centre for Inclusive Living** *Support for disabled and people and those living with long term conditions across Edinburgh and the Lothians** Call **0131 475 2350**
 | **Lothian Centre for Inclusive Living** * <https://www.lothiancil.org.uk/>
* **Email:** admin@lothiancouncil.org.uk
 |
| **Disability Information Scotland** *Reliable accurate and accessible information for people living with disability in Scotland* * Call **0300 323 9961**
 | **Disability Information Scotland** * <https://www.disabilityscot.org.uk/>
* **Email:** info@disabilityscot.org.uk

Text: **07984 367599** |
| **Glasgow Disability Alliance** *Strives to empower disabled people to become leaders in their own lives, communities and wider society** Call **0141 556 7103**
 | **Glasgow Disability Alliance*** <https://gda.scot/what-we-do/>
* **Email:** info@gdaonline.co.uk
* Text: **07958 299 496**
 |
| **Mencap***Advice and support for those with learning disability and their families* | **Mencap*** <https://www.mencap.org.uk/contact/contact_mencap_direct>
 |
| **Maternal and Paternal Support and Mental Health Advice****Maternal and Paternal Support and Mental Health Advice** | **The Pandas Foundation***For parents and their networks who need support with perinatal mental illness** Call **0808 1961 766**
 | **The Pandas Foundation*** <https://pandasfoundation.org.uk/>
 |
| **Cry-sis***Support for parents with crying and sleepless babies** Call **0800 448 0737**
 | **Cry-sis*** <https://www.cry-sis.org.uk/>
 |
| **Father’s Network Scotland** *Building a father-friendly world, access the Dad’s Directory which has over 200 organisations and services across Scotland who support dads* | **Father’s Network Scotland** * info@fathersnetworkscotland.org.uk
 |
| **Maternal Mental Health Scotland** *Improving the provision of perinatal mental health services* | **Maternal Mental Health Scotland** * <https://maternalmentalhealthscotland.org.uk/>
 |
| **NHS Inform***LGBT+ paths to parenthood and information if you are having a baby* | **NHS Inform*** <https://www.nhs.uk/pregnancy/having-a-baby-if-you-are-lgbt-plus/ways-to-become-a-parent-if-you-are-lgbt-plus/>
 |
| **Rainbow Families** *Events, information and support for LGBTQI families** Call **0800 464 7000**
 | **Rainbow Families** * <https://www.lgbthealth.org.uk/services-support/rainbow-families/>
 |
| **Relationships** | **The Spark – Counselling Helpline***Help and support for mental health, your emotions and relationship problems** Call **0808 802 2088**
 | **The Spark – Counselling Helpline*** <https://www.thespark.org.uk/>
 |
| **Relationships Scotland***Counselling, mediation, and family support across Scotland* * Call **0345 119 2020**
 | **Relationships Scotland*** <https://www.relationships-scotland.org.uk/>
 |
| **Financial Support and General Consumer Advice****Financial Support and General Consumer Advice** | **Advice Direct Scotland***Providing free and independent advice to the citizens of Scotland* | **Advice Direct Scotland*** <https://advicedirect.scot/who-we-are/>
 |
| **Citizens Advice Scotland***Providing free and independent advice to the citizens of Scotland** Call **0800 028 1456**
 | **Citizens Advice Scotland*** <https://www.cas.org.uk/>
 |
| **National Debt Line** *Advice and support about managing debt** Call **0808 808 4000**
 | **National Debt Line** * <https://www.nationaldebtline.org/>
 |
| **Money Advice Scotland** *Tools to help with debt*  | **Money Advice Scotland** * <https://www.moneyadvicescotland.org.uk/resources-for-people-with-money-worries>
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[**Top of document**](#_top)