

MENTAL HEALTH

Patient Information Leaflet

CRISIS NUMBERS

1. **The Edinburgh Crisis Centre** – www.edinburghcrisiscentre.org.uk

Local service for people experiencing crisis. Emotional and practical support - 24/7

- Freephone: 08088 010 414
- Text : 07974 429 075
- Email: crisis@edinburghcrisiscentre.org.uk

2. **CALM (Campaign Against Living Miserably)**- www.thecalmzone.net

Nationwide helpline that also provides a web-chat, allowing for discreet use and hosts mental health articles and arranges events. Helpline 5pm-midnight, 365 days a year.

- Freephone : 0800 58 58 58

3. **Samaritans**: Freephone: 116 123

4. **Breathing Space**: Freephone : 0800 83 85 87 Mon-Thurs 6pm – 2am
Fri-6pm-Monday-6am

*******Heriot Watt University Students ONLY*******

➤ **Heriot-Watt University Wellbeing Services**

A number of different services offered including counselling, disability support, mental health mentoring and study skills referrals amongst others.

Make appointments using Student Portal:

- Go to book an appointment tile on myHWU
- Select the half hour Wellbeing

➤ **Heriot-Watt Chaplaincy**- www.hw.ac.uk/chaplaincy

An open and welcoming place to make connections. Organised social events and can drop in.

INTERNET RESOURCES AND SELF-HELP

- www.lltff.com (living life to the full) - Free online courses based on CBT for low mood and stress
- www.togetherall.com - An anonymous community where members can support each other. Access 24 hours a day, 365 days a year.

- **Feeling Good App** – <https://www.feelinggood.app/> - Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.
Free access using code username: edinchpem, password: positive
- **Calm Harm App** – www.calmharm.co.uk - Designed to help teenagers resist and manage the urge to self-harm
- **Beat Panic App** - https://covid19-scotland.criticalcarerecovery.com/x511411/nhs_approved_app_beating_panic.aspx - Designed to guide people through a panic attack or raised anxiety using their phone
- www.sleepcouncil.org.uk - advice and tips on how to improve sleep
- **PZIZZ App** – <https://pzizz.com/> - Addresses a common problem for those who have trouble sleeping: a “racing mind” or “thinking too much”.
- www.bpdworld.org - Info, advice and support for those affected by Personality Disorders
- www.youngminds.org.uk - To give young people straightforward and reliable information about mental health medication from a trustworthy source.
- www.studentsagainstd Depression.org – Information & Resources to reach out to people suffering the effects of depression and suicidal thinking.
- <https://services.nhslothian.scot/camhs/online-resources> - various websites, apps and downloads available
- **U-evolve** – <https://u-evolve.org> – Pioneering future focused Charity committed to improving the mental health, resilience and self-belief of young people aged 11-18 in Edinburgh.

LOCAL SERVICES

1. **Wellspring Scotland** – www.wellspring-scotland.co.uk **(fee paying)**
Affordable counselling and psychotherapy - Central Edinburgh
 - Tel: 0131 553 6660
2. **CrossReach Counselling** - www.crossreach.org.uk **(contributions)**
Social Care for all ages provided by the Church of Scotland. North Edinburgh
3. **Counselling in Communities (CoCo)** – www.cocoed.org.uk **(fee paying)**
Social enterprise, offers fee-paying but also affordable and discounted

counselling options. Also offers outdoor counselling.

- Tel: 07724 152 557

4. **Penumbra** – www.penumbra.org.uk

Counselling for people who self-harm. Provides support to family/carers and runs a skin camouflage clinic for people who are seeking support in masking previous self-harm scars.

5. **Mental Health Information Station**

The Information Station is a one stop shop acting as a source of support, information and sign posting lead by NHS Occupational Therapists.

- Tel: 0131 573 8688 Thursdays 9.30am – 4.30pm.
- Email: MentalHealthInformation@nhslothian.scot.nhs.uk

6. **iThrive Edinburgh** – www.ithriveedinburgh.org.uk

iThrive - an online space for mental health and wellbeing. iThrive is managed by Health in Mind. Various services available including:

- Free telephone counselling for adults who have experienced abuse in childhood. Tel: 08088 02 04 06
Email: counselling@health-in-mind.org.uk
- ELCA (Edinburgh & Lothian Council on Alcohol) - Specialist advice, information, one-to-one counselling and support to anyone concerned about their own or someone else's alcohol use.

7. **The University of Edinburgh – The Centre for Psychological Therapies**

To help Children and Young People (up to age of 26) improve their mental health by offering evidence-based psychological therapies in the Community (CBT)

- Email: CPT@ed.ac.uk

8. **Beira's Place** – www.beirasplace.org.uk

Sexual violence support service for women across Edinburgh and Lothians. Any woman who is a survivor of rape, sexual assault, childhood sexual abuse or sexual exploitation, no matter when this has happened in her life. The website also has a range of resources for survivors and professionals.

GP REFERRAL SERVICES

- ❖ **Guided Self Help** – health-in-mind.org.uk - Cognitive Behavioural Therapy based intervention. Meet worker for 1 hour session initially. Given self-help

material to take home and work through, then have up to 3 further half hour sessions a few weeks apart to check on progress.

- ❖ **Computerised CBT – beatingtheblues.co.uk** – Evidence based treatment for people with mild-moderate depression and anxiety. 8 weekly online modules approximately one hour each. GP referral required log in details sent a few days after referral.
- ❖ **Exercise Referral Scheme – loth.active@nhslothian.scot.nhs.uk** Physical Activity Referral Project for adults aged 18 and over with mild to moderate mental health problems who are currently not physically active.