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|  | | **Other Voluntary Counselling Services** | |
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| [Breathing Space](https://breathingspace.scot/) | Need help now? Call free on  [0800 83 85 87](tel:0800%2083%2085%2087) | | We are a free, confidential, phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety |
| [Cruse Bereavement Care Scotland](https://www.crusescotland.org.uk/how-can-we-help/) | [Free Helpline: 0808 802 6161](tel:+448088026161)Monday to Friday 9am - 8pm, weekends 10am - 2pm. | | Specialist bereavement care and counselling |
|  | | **Domestic Violence** | |
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| [AMIS](https://amis.org.uk/) | Need to talk?  03300 949 395  9am – 4pm, Monday to Friday | | AMIS is Scotland’s leading charity and helpline for male domestic abuse |
| [Freedom Programme](https://freedomprogramme.co.uk/) | Helpline : 01942 262 270 | | Domestic violence information and support programme for women or men. |
| [National Domestic Violence Helpline](http://www.nationaldomesticviolencehelpline.org.uk/) | Helpline : [0808 2000 247](tel:08082000247) | | Run in partnership between Women’s Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. |
| [Scotland's Domestic Abuse and Force Marriage](https://www.sdafmh.org.uk/en/) | Helpline : 0800 027 1234 | | Our helpline is here to support anyone experiencing domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them |
| [Scottish Domestic Abuse](http://www.sdafmh.org.uk/) | Helpline : 0800 027 1234 | | Our helpline is here to support anyone experiencing domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them. We provide a confidential, sensitive service to anyone who calls us |
| [Women's Aid East & Midlothian](https://womensaideml.org/) | Support Line  Monday to Friday (9am – 4pm)  0131 561 5800 | | Information, support, advocacy and temporary accommodation for women, children and young people who have been subjected to domestic abuse |
|  | | **Emergency** | |
| [Crisis Centre](https://edinburghcrisiscentre.org.uk/) | Freephone : 0800 027 1234 | | Provides community based, emotional and practical support at times of crisis |
| [Rape Crisis Scotland](https://www.rapecrisisscotland.org.uk/) | Helpline : 0808 801 0302 | | Women’s Rape & Sexual Abuse Centre |
| [Samaritans](https://www.samaritans.org/) | Call 116 123 for free | | Available 24 hours a day, every day of the year |
|  | | **Mental Health** | |
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| [Health In Mind](https://health-in-mind.org.uk/) | Telephone : 0131 225 8508 | | The Midlothian Access Point is open to people aged 18 to 65 who are registered with a GP in Midlothian and who are looking to improve their mental health and wellbeing |
| [Papyrus](https://papyrus-uk.org/hopelineuk/) (Prevention of Young Suicide) | Hopeline 24/7 0800 068 4141 | | Support for anyone aged under 35 years old and experiencing thoughts of suicide or anyone concerned that a young person may be experiencing thoughts of suicide. |
| [Living Life](https://breathingspace.scot/living-life/) | Call free on : 0800 838 587 | | NHS24 self-help coaching and CBT support for people feeling low, anxious or stressed. Short term telephone support and self-help materials. |
| [MHARS](https://www.midlothian.gov.uk/info/1404/mental_health_and_addiction/89/mental_health_-_help_in_a_crisis) | Telephone : [0800 118 2962](tel:08001182962) | | MHARS is a free confidential helpline for Midlothian residents aged 18-65, who experience mental health and wellbeing distress or crisis |
| [Mid Space](https://midspace.co.uk/find-a-service/) | Email : [midspace@health-in-mind@org.uk](mailto:midspace@health-in-mind@org.uk) | | Midspace is your online space for mental health and wellbeing information in Midlothian. |
| [Midlothian Access Point](https://health-in-mind.org.uk/news/midlothian-access-point/) | Telephone : 07779 565607 | | The Midlothian Access Point is open to people aged 18 to 65 who are registered with a GP in Midlothian and who are looking to improve their mental health and wellbeing |
| [Saneline](https://www.sane.org.uk/) | Telephone : 0203 805 1790 | | For anyone coping with or caring for someone with mental health issues |
|  | | **Substance Misuse** | |
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| [Crew](https://www.crew.scot/) | Freephone : 07860 04 7501 Monday to Saturday (1-5pm) or Thursday (3-7pm) | | Support for people concerned about their drug use, e.g. cannabis, cocaine, ecstasy etc. |
| [Scottish Drug Services](https://www.scottishdrugservices.com/Home/Details/229) | Telephone : 0131 285 9600 | | Service offers support to fathers affected by substance use. The Father's Support Worker offers individual and family support for fathers, in their role as a parent |
| [Scottish Families Affected by Alcohol and Drugs](https://www.sfad.org.uk/) | Helpline : 08080 101011 | | Support for anyone affected by someone else’s alcohol or drug use in Scotland. |
|  | | **Information & Support** | |
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| [ADHD Coalition](https://www.scottishadhdcoalition.org/) | Email : chair@scottishadhdcoalition.org.uk | | Scottish coalition providing support to people with ADHD, and their carers and families. |
| [AdvoCard](https://www.advocard.org.uk/) | Telephone : 0808 196 3525 | | Advocacy service; help in making your wishes clear in the service you receive. |
| [AMASE](https://amase.org.uk/) | Email: info@amase.org.uk | | Autistic Mutual Aid Society Edinburgh – Helping autistic people to help each other |
| [Beat](https://www.beateatingdisorders.org.uk/) | Helpline: 0808 801 0432 | | Beat provides support to help adults and young people beat eating disorders. |
| [Beira’s Place](https://beirasplace.org.uk/) | Telephone : 0131 526 3944 | | A service for women, run by women. Sexual violence support, advocacy, and information. |
| [Family Mediation Lothian](https://www.voluntarysectorgateway.org/organisation_service/family-mediation-lothian/) | Telephone : 0131 226 4507 | | Help and support families and children who are experiencing break up. |
| [Living Life to the Full](https://www.llttf.com/) | Telephone : 01360 661 078 | | Be happier, Sleep better, Do more, Feel more confident. |
| [Lothian Bipolar Group](https://www.lothianbipolargroup.org.uk/) | Get In Touch [(bipolaredinburgh.org.uk)](https://hub.bipolaredinburgh.org.uk/get-in-touch) | | Information, support and advice to those affected by bipolar disorder. |
| [No Panic](https://www.nopanic.org.uk/) | Helpline : 0300 772 9844  Monday – Sunday (10am – 10pm) | | Support for sufferers of panic attacks and OCD. Includes a helpline. |
| [Number 6](https://www.number6.org.uk/) | Telephone : 0131 526 3176 | | Advice, support, and social opportunities for autistic adults. |
| [OCD UK](https://www.ocduk.org/) | Email : support@ocduk.org | | Helping you understand Obsessive-Compulsive Disorder, and offering hope and support. |