

Helplines & Web addresses for use in a crisis!

Mental Health Assessment Service (MHAS) based between the Royal Edinburgh Hospital (REH) and the New Edinburgh Royal Infirmary (NRI) operates 24 hours a day 365 days of the year. Please phone first to speak with a Mental Health Nurse. Tel 0131 537 6000 (main REH switchboard who will page MHAS staff) or direct tel 537 6445

Edinburgh Crisis Centre on free phone 0808 801 0414. They are open 24 hours a day and provide a telephone helpline to the people of Edinburgh aged eighteen and over who use or have used mental health services, and their careers.

www.edinburghcrisiscentre.org.uk

Samaritans on 08457 90 90 90. They are open 24 hours a day and your call will be answered by a trained advisor. You can also email them at jo@samaritans.org.

Their website is www.samaritans.org

Breathing Space is a free phone helpline open from 6pm - 2am Monday to Thursday, and from 6pm-6am Friday evening to Monday morning on 0800 83 85 87. They also have a website

www.breathingspacescotland.co.uk

Saneline 0845 767 8000 is open from 6pm - 11pm every day of the year. Visit their website at www.sane.org.uk or you can email them at SANEmail@sane.org.uk

Social Care Direct Edinburgh social work department 0131 200 2324

NHS 24 is a general medical helpline on 0845 24 24 24 or online at www.nhs24.com

Action on Depression has a list of crisis services on its web site at www.actiondepression.org which is updated regularly. Helpline 0808 802 2020