

# Edinburgh Services

Supporting people living  
in Edinburgh



**With your mental health at heart**

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# Health in Mind is a charity promoting positive mental health and wellbeing in Edinburgh.

## How we can help

### About Health in Mind

We've been promoting positive mental health and wellbeing in Scotland since 1982. Our hopeful and caring approach supports and empowers each person to live the life they want to live. We offer flexibility and choice through our range of services and support people to make changes and improve their quality of life.

### Services

People who use our services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

Our approach is inclusive and we are keen to break down the barriers which prevent people from accessing resources that could improve their mental health and wellbeing.

We offer a range of support in Edinburgh which is outlined in this booklet. Please note that some of the services are only available in certain areas. To keep up-to-date with service changes please refer to our website [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk).

### Training

Our training courses develop knowledge, skills confidence and understanding about mental health and wellbeing. We offer a range of nationally recognised, certificated courses including Scotland's Mental Health First Aid and ASIST. We specialise in Trauma Training and offer training at three levels. We also offer in-house and bespoke training in the workplace.

Further information about our training courses can be found on our website or by contacting our training team.

**Email:** [training@health-in-mind.org.uk](mailto:training@health-in-mind.org.uk)

**Call:** 0131 225 8508

## **Counselling**

We offer a range of counselling services in Edinburgh.

Counselling offers a safe, confidential place where people can talk about the difficulties they have experienced in their lives. Our trained Counsellors will help support them through this process.

### **How to access counselling?**

You can self-refer or be referred by someone else. The referral form can be downloaded from our website.

### **Contact information**

**Email:** [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to the Counselling team

**Counselling for Survivors of Sexual Abuse** - face-to-face counselling up to six months for people aged 18 years and over who are survivors of childhood sexual abuse living in the Edinburgh area.

**Craigmillar Counselling** - face-to-face counselling, up to 12 sessions for people aged 18 years and over, living in the Greater Craigmillar area.

**South East Counselling** - face-to-face counselling, up to 12 sessions for people aged 18 years and over, living in the South East area of Edinburgh.

**Trauma Counselling Line Scotland** - telephone based counselling for people aged 16 years and over, affected by childhood abuse, living in Scotland and are either from a Minority Ethnic Community or identify as having a disability (mental or physical) or live in a remote area.

**Lothian Deaf Counselling Service** - for those aged 18 or over who are Deaf, deafened, hard of hearing or deafblind. We offer counselling in British Sign Language (without interpreter) and also in English. A personal hearing loop system and communication in written English are available for people who are deafened or hard of hearing.

**Email:** [deafcounselling@health-in-mind.org.uk](mailto:deafcounselling@health-in-mind.org.uk)

**Voice:** 0131 225 8508 and ask to speak to the counselling team

**Text:** 07786 202875

## **Depression and Anxiety Peer Support Group**

A peer support group for adults living with depression, anxiety, low mood or stress.

### **How to access the service?**

No booking or referral is required. People are welcome to drop-in to the following groups:

Alternate Mondays 7pm to 9pm at Augustine United Church,  
41 George IV Bridge EH1 1EL

Alternate Tuesdays 7pm to 9pm at Methodist Church,  
Nicholson Square EH8 9BX

To find out where the next meeting is taking place please visit our website.

### **Contact information**

**Email:** [edinburghselfhelp@health-in-mind.org.uk](mailto:edinburghselfhelp@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Hayley Chandler

## **Edspace [www.edspace.org.uk](http://www.edspace.org.uk)**

Edinburgh's online source of mental health and wellbeing information.

Edspace provides information about:

- Local services
- News
- Events
- Factsheets
- Self-help materials.

### **Contact information**

**Email:** [julie.huggan@health-in-mind.org.uk](mailto:julie.huggan@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Julie Huggan

## **Equal Access (North West, South East, South West)**

**Supporting people from minority ethnic communities.**

The service is for anyone aged 18 or over, from a minority ethnic community who would like to improve their mental health and wellbeing.

Equal Access provides one-to-one and group support to develop coping strategies and connect with local communities, groups and services.

### **How to access the service?**

You can self-refer or be referred by someone else. The referral form can be downloaded from our website.

### **Contact information**

**Email:** rahila.khalid@health-in-mind.org.uk

**Call:** 0131 225 8508 and ask to speak to Rahila Khalid

## **Guided Self-Help**

**One-to-one support to access self-help materials.**

The service is based on the principles of Cognitive Behavioural Therapy (CBT) and is for anyone aged 18 and over experiencing mild to moderate anxiety or depression, stress or sleep problems.

A guided self-help worker provides one-to-one support to enable people to make positive changes in their life now and going forward.

### **How to access the service?**

This service can only be accessed via GP referrals, please speak to your GP for more information.

### **Contact information**

**Email:** bryony.nisbet@health-in-mind.org.uk

**Call:** 0131 225 8508 and ask to speak to Bryony Nisbet

## **MAPS: My Personal Assets and Strengths (North West, South East, South West)**

**A 12 week course which aims to support people to better manage their mental health and wellbeing.**

The group provides a relaxed, safe and confidential space in which to discover different activities, tools and strategies that can be used in order to maintain a more positive state of mental wellbeing.

### **How to access the service?**

Please contact us for details of upcoming courses and to register your place. Courses are available throughout the year in community venues.

### **Contact information**

**Email:** [stuart.cameron@health-in-mind.org.uk](mailto:stuart.cameron@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Stuart Cameron

## **North West Mental Health and Wellbeing Support**

**We offer a range of support to people living in Stockbridge and South Queensferry area.**

This support will focus on groups which aim to help people to learn more about how to manage their mental health and wellbeing, focusing on their strengths and assets.

Those who attend the groups will explore tools and techniques to help them understand what they are going through and then identify and make positive changes in their lives.

We will also offer peer support where people can share, listen and receive support as part of a group. Support may be available to help people attend one of our courses or groups.

### **Contact information for Stockbridge area**

**Email:** [amanda.hunter@health-in-mind.org.uk](mailto:amanda.hunter@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Amanda Hunter

### **Contact information for South Queensferry**

**Email:** [zoe.reid@health-in-mind.org.uk](mailto:zoe.reid@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Zoe Reid

## **Oasis (South East)**

**One-to-one and group support for women looking to improve their mental health and wellbeing.**

The service is for women aged 18 years old and over, who live in South East Edinburgh. One-to-one support is provided for up to six months.

We also run groups for women providing a safe space to explore mental health and wellbeing and develop coping strategies. Contact us for dates and to register your place.

### **How to access the service?**

You can self-refer or be referred by someone else. The referral form can be downloaded from the Health in Mind website.

### **Contact information**

**Email:** jane.hislop@health-in-mind.org.uk

**Call:** 0131 666 1606 and ask to speak to Jane Hislop

## **One-to-One Peer Support Service (South East, South West)**

**For people aged 18 and over who are feeling low, stressed, anxious or depressed and want to improve their mental health and wellbeing.**

Our peer support volunteers all have their own experiences of mental health recovery and have completed training to use their experiences to support others.

The service aims to help people feel connected and empowered by developing tools and techniques to self-manage their mental health and wellbeing. People will regularly meet with their peer supporter, and together explore changes they would like to make. Support is available for up to six months.

### **How to access the service?**

Please contact Jenny Green for further information.

### **Contact information**

**Email:** jenny.green@health-in-mind.org.uk

**Call:** 0131 225 8508 and ask to speak to Jenny Green

## **Peer Collaborative**

**A network of support for Peer Workers in Edinburgh.**

The Peer Collaborative provides learning and development events in Edinburgh. We also keep people up to date with peer support services and developments in Peer Work.

Visit [www.edspace.org.uk/peer-collaborative](http://www.edspace.org.uk/peer-collaborative) for further information and event dates.

### **Contact information**

**Email:** [hayley.chandler@health-in-mind.org.uk](mailto:hayley.chandler@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Hayley Chandler

## **re:discover (North West, South East, South West)**

**Supporting people to make connections with people, activities and groups in their community.**

Our connecting service, re:discover, is for anyone aged 18 and over who is feeling isolated and would like to improve their mental health and wellbeing.

The service offers support for up to six months. People are supported by a trained volunteer who offers support to build confidence, meet new people and connect into local groups and activities.

This can include:

- Exploring what is on the community and support to take part
- Support to feel more comfortable getting out and about and using public transport
- Support to meet other people
- Support to feel more confident in social situations.

### **How to access the service?**

You can self-refer or be referred by someone else. The referral form can be downloaded from our website.

### **Contact information**

**Email:** [kirsty.mcmahon@health-in-mind.org.uk](mailto:kirsty.mcmahon@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Kirsty McMahon

## **Social Hub**

**Social Hub is a fortnightly group for young adults living in Edinburgh who are aged between 16 to 25 years old.**

The group is for people who may have been feeling anxious about being in social situations or who have been feeling isolated. The focus is on group members having fun, meeting new people, developing friendships and improving social skills.

The group is based at Dance Base in Grassmarket although some weeks may be at other venues in the community depending on the activity. The group leaders are volunteers who remember and understand the difficulties that young people can experience and who can use their understanding to support others to develop and move forward.

### **How to access the service?**

You can self-refer or be referred by someone else. The referral form can be downloaded from our website.

### **Contact information**

**Email:** hayley.chandler@health-in-mind.org.uk

**Call:** 0131 225 8508 and ask to speak to Hayley Chandler

## **The Wellbeing Space (South West)**

**Weekly drop-in peer support group open to anyone aged 18 and over who lives in South West Edinburgh.**

It takes place every Thursday, 1pm to 2:30pm at The Broomhouse Hub, 79/89 Broomhouse Crescent, EH11 3RH. The Wellbeing Space is a safe space for people to share, listen and support each other. The group is supported and facilitated by staff from Health in Mind and The Broomhouse Centre.

### **How to access the service?**

People are welcome to drop-in any Thursday. We can also arrange for those concerned about attending the space for the first time to be met outside the venue.

### **Contact information**

**Email:** jenny.green@health-in-mind.org.uk

**Call:** 0131 225 8508 and ask to speak to Jenny Green

## **Trauma Support**

### **Pathway Men (Citywide)**

Practical and emotional support for men who are survivors of childhood sexual abuse or men who have experienced rape/sexual abuse or domestic violence as adults. We provide support to develop coping strategies, build self-confidence and reduce stress and anxiety.

### **Pathway Women (North West, South East, South West)**

Practical and emotional support for women who are survivors of childhood sexual abuse. We provide support to develop coping strategies, build self-confidence and reduce stress and anxiety.

### **How to access the service?**

You can self-refer or be referred by someone else. The referral form can be downloaded from our website.

### **Contact information**

**Email:** [traumaservices@health-in-mind.org.uk](mailto:traumaservices@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Tammy Kirk

## **Wellbeing Gateway (South West)**

The service is open to people aged 18 to 64 who are registered with a GP in South West Edinburgh and are looking to improve their mental health and wellbeing.

The service takes place in community venues within South West Edinburgh.

Those attending the Wellbeing Gateway can:

- Talk about how they are feeling and how it is affecting their life
- Hear about local groups, activities and services that can help
- Learn how they can access the support that will work best for them.

### **How to access the service?**

The service is on an appointment basis but please note there are limited spaces each week. Please contact Amanda for more information or to make an appointment

### **Contact information**

**Email:** [amanda.hunter@health-in-mind.org.uk](mailto:amanda.hunter@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Amanda Hunter

## **The Listening Space (South East)**

This drop-in service takes place every Wednesday afternoon from 1pm in the main hall of Gilmerton Community Centre.

### **1pm to 2pm: Listening Drop-in. Those who attend can:**

- Speak to a peer listening volunteer on a one-to-one basis. Volunteers will listen with a compassionate and non-judgemental ear. We will not provide advice or counselling.
- Access materials to help them look after themselves and find out about other services and resources in Edinburgh.
- Spend time in the space without feeling pressured to do any of the above.

### **2:15pm to 3:15pm: Peer Support Group. Those who attend can:**

- Share, listen and receive support as part of a group
- Take part in wellbeing-based activities.

### **How to access the service?**

The service is for those aged 18 and over. No booking or referral required, people are welcome to drop-in on the day.

### **Contact information**

**Email:** [jenny.green@health-in-mind.org.uk](mailto:jenny.green@health-in-mind.org.uk)

**Call:** 0131 225 8508 and ask to speak to Jenny Green

## **Unsure which area of Edinburgh you live in?**

Please visit The City of Edinburgh Council's website:

[www.edinburgh.gov.uk/info/20017/our\\_main\\_offices/571/find\\_your\\_locality\\_ward\\_and\\_community\\_council](http://www.edinburgh.gov.uk/info/20017/our_main_offices/571/find_your_locality_ward_and_community_council)

## Volunteering

Our volunteers are vital to the support we provide.

We could not support as many people without our volunteers alongside us and our connecting and peer support teams could not operate at all without them.

If you are interested in volunteering or getting involved with Health in Mind in other ways please visit our website or call us.

## Get in touch

For further information on Health in Mind services, volunteering, employment opportunities, feedback/complaints procedures, or how you can support our work please contact us at:

-  0131 225 8508
-  [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)
-  [health-in-mind.org.uk](http://health-in-mind.org.uk)
-  40 Shandwick Place, Edinburgh EH2 4RT

**Please note that our office in Shandwick Places does not have a lift and is situated on the first and second floors.**

**If you have restricted mobility please contact us for further information and assistance.**

Health in Mind is a charity registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.

**'Health in Mind has given me my life and pride. They do an excellent job.'**

**Health in Mind relies on donations and fundraising to provide support to people living in Edinburgh.**

**To show your support please visit our website or call 0131 225 8508 and ask for Lynne Stanford.**