

Edinburgh Food Project Helpline



A Helpline to support you and your mental health during these difficult times.

About the Helpline

When you call you will speak to a fully qualified and supervised counsellor. They will offer you a listening ear and practical help and information, to help improve your resilience and coping strategies to navigate this difficult period.

- Confidential
- Covers Edinburgh City
- No need for an appointment, call at any time during our opening hours
- Calls are free

How can I access the Helpline?

Freephone: 0808 801 0362

Open 11am to 4pm Tuesdays and Fridays

1pm to 6pm Wednesdays

www.health-in-mind.org.uk



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

Edinburgh Food Project is a registered charity in Scotland SC043220. Unit 12 New Lairdship Yards, Broomhouse Road, Edinburgh, EH11 3UY

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