

Support Organisations for people experiencing stress in their lives

Mind and Soul Foundation

Mental Health Access Pack at:

https://www.mindandsoulfoundation.org/Articles/425828/Mind_and_Soul/Re-sources/Mental_Health_Access_Pack

NHS 24 Living Life

Telephone based cognitive behaviour therapy (CBT). Available free on **0800 328 9655**

Beating the Blues

An interactive computer-based CBT programme
01324 614363

Signpost

Offers a range of supports around alcohol/drug problems. Contact us on **0845 673 1774** or <http://signpostrecovery.org.uk/>

Relationships Scotland

01324 670067

Counselling and Support for Alcohol and Drugs

01324 874969

Stress Control : <https://services.nhslothian.scot/stresscontrol>

NHS 24

Call 111 or visit <http://www.nhs24.scot>

Breathing Space

0800 838 587. 6pm -2am Monday to Thursday, 24 hours per day Friday to Monday am or <http://breathingspace.scot/>

Samaritans

Call **116 123**, 24 hours, 7 days or visit <http://www.samaritans.org/>

Health In Mind

https://www.health-in-mind.org.uk/wellbeing_resources/d139/