

Support Organisations for people experiencing stress

Grief to Grace

A Catholic faith support service for survivors of trauma / abuse who can self-refer.
<https://www.griefftoGraceuk.org/>

Mind and Soul Foundation

Mental Health Access Pack at:

[https://www.mindandsoulfoundation.org/Articles/425828/Mind and Soul/Re-sources/Mental Health Access Pack](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. Or visit <http://breathingspace.scot/>

Samaritans Call 116 123, 24 hours, 7 days or visit https://www.health-in-mind.org.uk/wellbeing_resources/d139