

# East Lothian Adult Mental Health Resources

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## **Psychological Therapies Service**

Following referral from a GP, CWIC (Care When It Counts) or another source, there are various treatment options available for clients. Below are some of the options provided by the Psychological Therapies Service, as well as services offered by affiliated third party organisations such as Changes. Additionally, other organisations, services and resources are highlighted below which we can signpost in order to support clients with specific problems. The locations of these services will be stated where possible, and specific onward referral pathways will be indicated when necessary. At times, the nearest and most appropriate support is located in Edinburgh.

CWIC (as a primary care service) facilitate referrals to the Adult Mental Health Team, but can also offer ongoing support and follow ups to clients with mental health problems. They utilise low intensity intervention strategies and psychoeducational resources (i.e., Decider skills). The service is appointment only. CWIC accept self-referrals.

The Psychological Therapy Service (PTS) in East Lothian offers support in a psychological frame to adults with mental health problems. It offers both individual and group therapies for varying presentations, and for a range of severities (mild to severe). While individual therapy is available to people aged up to 65, there is no upper age limit for group engagement, however, Older Adult Psychology Service are responsible for pre-group assessments. It offers formal neuropsychological assessment, including memory screening and level of functioning assessments. PTS is a community psychological therapies service that can refer clients to specialist services when appropriate, such as arts therapy, clinical health psychology, eating disorders, and neuropsychology.

### **One to One Therapy**

One to one therapy is offered to clients across a range of severities following initial assessment. Therapists in East Lothian all have a foundation in Cognitive Behavioural Therapy (CBT), but more psychological models are available.

## Groups

All PTS groups except the Beyond Trauma group (which is conducted in Musselburgh Primary Care Centre) are run in East Lothian Community Hospital.

### *Nurture*

A 12-week group which aims to build the capacity and the ability to feel compassion in individuals who experience high levels of self-criticism, shame and low self-esteem, and who often struggle interpersonally. This model uses the compassion focused therapy (CFT) model. This group helps participants to understand their distress, introduce compassion and why it is important for psychological wellbeing. The group aims to help people learn how to cultivate compassion with themselves to help them deal with a range of emotional difficulties, from a relational and trauma informed perspective.

### *Survive and Thrive*

This is a psychoeducational group for people who have experienced complex trauma. It is run over the course of 10 weeks (90-minute sessions), and it utilises cognitive behavioural strategies, concepts from compassion focused therapy and interpersonal therapy, and mindfulness techniques. It aims to support survivors to understand the normal range of responses to abuse, to normalise and make sense of their experience, to develop safer coping strategies, and to develop a sense of hope. We offer this group to men and women separately. For people who do not identify with a gender, we are able to offer this group (and it might be delivered in Edinburgh)

### *Beyond Trauma*

This group is for female survivors of childhood abuse. It runs for 20 weeks (2-hour sessions), using a Cognitive Analytic Therapy (CAT) frame. This is a trauma directed group which allows space for people to talk about their experiences, consider the impact of trauma throughout their developmental stages from a personal perspective and more systemically. Information about trauma is offered and available, and time is given to practicing self-help techniques to help deal with distress as a result of trauma.

## Arts Psychotherapies

The Arts Psychotherapies involve active participation in either music or art with an arts therapist to facilitate a therapeutic process through creative, non-verbal, and verbal

expression. They support persons who do not find words accessible, easy or helpful when describing or understanding emotional experiences. This may include persons that have experienced significant adverse life experiences or traumatic events, illness or disability or who attract a diagnosis of personality disorder.

### *Groups*

10-week arts-based psychoeducation groups have an emphasis on learning how to mentalise and maintaining emotional stability, which we hope can empower participants to start to think and learn about thoughts and feelings without being overwhelmed by them.

### *Individual work:*

One-to-one art or music psychotherapy is trauma-informed based on personalised aims co-shaped with an Arts Therapist. Using creative processes can help to explore relational sensitivities and unconscious processes, which may help to actively notice and manage emotions and to build kinder more trusting relationships with themselves and others.

Exploring different ways of being in the arts therapies may enable increased connections with arts groups and voluntary sector provision in communities to enable ongoing relational self-care and recovery.

## **Digital interventions**

### **CBT by IESO**

NHS Lothian Digital Interventions team provides a digital programme which is currently accessed through 'secondary care'. IESO Digital Health provides NHS patients with evidence-based online CBT.

The internet enabled CBT allows treatments accessible wherever, whenever and at whichever stage of a person's recovery. IESO partner with the healthcare provider to deliver treatments and the digital tools help people recover they care for feel better faster.

This is achieved through:

- Flexible appointments/ out of hours – appointments available 7 days a week, 6am - 11pm

- Easily accessible - CBT sessions take place on a phone, tablet, or desktop
- Low bandwidth - platform runs on low bandwidth therefore able to reach patients in rural and remote areas
- Privacy - patients chat to their therapist via 1:1 typed-based messaging. The sessions are private and cannot be overheard
- Ongoing support - patient transcripts are saved, allowing patients to revisit and re-read their sessions months, years, even decades after their treatment with IESO concluded
- BABCP accredited therapists – CBT delivered on behalf of the NHS
- Reduced recovery times - Online disinhibition allows faster disclosure of issues, ensuring patients receive the correct CBT treatment, faster

To be eligible for online therapy, you must be registered with a GP in Scotland and aged 16 or over.

### *Referral Process*

1. Contact CWIC: Request CBT delivered by IESO in your initial assessment, they will assess whether this is the right treatment plan for you.
2. Activation: Once referred, IESO will send you an activation email – once you have activated your account, you will be matched to a therapist and contacted by them.

### **Silvercloud**

Silvercloud is a suite of computerised-CBT programmes that are flexible, effective and easy to use. Silvercloud offers an online alternative to talking therapy which allows patients to work through various self-help modules at their own pace. Patients can navigate a range of psychoeducational materials and interactive tools with focus on goalsetting and progress monitoring.

Silvercloud is a suite of online, self-guided, interactive, and flexible therapies for a wide range of mental health conditions. It is based on a combination of cognitive-behavioural, mindfulness and positive psychology approaches to target broader emotional health and wellbeing issues as well as narrower long-term or co-morbid presentations.

It consists of 6-12 modules (depending on treatment) that can be completed weekly. While some modules are supported by regular reviews, other modules are self-directed. For supported modules, supporters can offer support to Silvercloud users by providing regular personalised reviews (usually three reviews every three weeks) to provide non-judgmental feedback and monitor engagement and the application of skills in daily life.

Supported modules via regular reviews are on offer for six mental health problems with co-morbid presentations:

- Health Anxiety
- Obsessive-compulsive Disorder
- Panic
- Perinatal Wellbeing
- Phobia
- Social Anxiety

Additional mental health modules have recently been added to support patients with:

- Depression and Anxiety
- Depression
- General Anxiety Disorders (GAD)
- Anxiety
- Five modules for long-term conditions:
- Chronic Pain
- Coronary Heart Disease
- Diabetes
- Lung Conditions
- Rheumatoid Arthritis

***How to refer:*** Clients can be referred to supported Silvercloud modules by any clinician working for the NHS. Email [SILVERCLOUDcbt@nhslothian.scot.nhs.uk](mailto:SILVERCLOUDcbt@nhslothian.scot.nhs.uk).

## Silvercloud Self-Referral Wellbeing Modules

Anyone can access four psycho-educational modules that are not supported through regular reviews:

- Covid
- Resilience
- Stress
- Sleep

<https://wellbeing.silvercloudhealth.com/signup/nhsscotland/>

ACCESS CODE: **Scotland2020**

## Apps

**Daylight:** Daylight is a digital therapeutic app intended for the improvement of worry and anxiety and the management of Generalized Anxiety Disorder (GAD) in adults aged 18 years and older, as an adjunct to their usual medical care.

Daylight is freely available for adults living in Scotland. It is recommended for adults who have difficulty with worry and anxiety, Daylight may be used as a non-prescription self-help tool to improve overall mental health and wellbeing. See

<https://www.trydaylight.com/suitable> for insights about the suitability of Daylight.

Accessing support through the 'Daylight' app early on should help people develop helpful ways to deal with worry and prevent the worsening of symptoms and the need for referral to specialist services. It also encourages people to self-manage their condition with 71% of patients achieving clinical improvement.

*How to refer:* Self-refer at [Daylight \(trydaylight.com\)](https://www.trydaylight.com)

**Sleepio:** Sleepio is a digital therapeutic app intended for the improvement of poor sleep and the management of Insomnia Disorder in adults aged 18 years and older, as an adjunct to their usual medical care.

Sleepio is freely available for adults in Scotland. It is recommended for adults who have difficulty sleeping, Sleepio may be used as a non-prescription self-help tool to improve sleep health. It can be found on any app store (i.e., Apple Store or Play Store). See <https://www.sleepio.com/> for support with the app.

It has a proven record as an effective long-term solution to sleep troubles and has been validated in 12 randomised controlled trials with over 13,000 participants. Within one trial 'Sleepio' helped 76% of poor sleepers achieve healthy sleep.

### ***YouTube:***

Channel: ELPsychTherapy

LIFE! ...and how to survive it

The YouTube series 'LIFE! ...and how to survive it' has been set up to help us get through a period where we find ourselves feeling stressed, overwhelmed and needing some help. The channel has been created by NHS Lothian. The videos were written and presented by the East Lothian Psychological Therapies Service. There are 9 playlists, each one discussing different aspects of life, stress and overcoming difficult times.

<https://www.youtube.com/@elpsychtherapy8259>

Playlists on offer:

- LIFE... And how to talk about it
- Head Full... To Mindful
- Emotional intelligence... and how to expand it
- Other People!... and how to understand them
- Your Relationship... with yourself
- Your Mind (An Owner's Guide)
- Short Steps... to feel better
- Being Human... and what does that mean
- Being Your Own Therapist.



## 3<sup>rd</sup> Sector Organisations

### Changes

Changes believe in positive mental health and wellbeing for everyone 16 and over. As a charity, Changes are here to help the community of East Lothian to achieve and maintain positive mental health and wellbeing by providing a wide range of services and activities. Changes provide support for a wide range of challenges, including stress, panic, low mood, low self-esteem, anxiety, worry, depression, and negative thinking.

Website: <https://www.changeschp.org.uk/>

Address: Changes East Lothian, 108 Market Street, Musselburgh, EH21 6QA

### Counselling

Changes is offering one-to-one counselling therapy face to face or via telephone and video calls. Counselling offers you a confidential space to talk through things that may be affecting your ability to function from day to day. Changes offers short-term counselling (8 sessions) and each session lasts 50 minutes.

Self-referral and supported referral by third parties.

### Therapeutic Groups

Changes also offers a wide selection of groups for people with different needs. All groups are delivered in Musselburgh.

#### *Building Self-Esteem Group – 5 weeks*

This group helps clients build a more positive self-image by increasing their understanding of low self-esteem; what it is, how it may have developed, and what keeps it going over time. This short CBT group introduces useful tools which, when used consistently over time, can help challenge negative self-thoughts and increase self-esteem.

#### *Compassion Focused Therapy Group – 8 weeks*

This group aims to help participants learn how compassion can help them to be kinder and more nurturing to themselves and others. It helps participants develop more compassionate ways of thinking and behaving.

## Support Groups:

### *First Steps to Positive Mental Health – 7 weeks (2 hours per week)*

This course helps people to become more aware of their emotions, thinking, behaviours and physical symptoms. By increasing our awareness, we can challenge unhelpful patterns and start to feel more in control of our thoughts and how they make us feel and behave.

First Steps course is led by a staff member, with the support of a volunteer peer facilitator because it's helpful to have someone leading the course who has gone through some of the same challenges as participants.

Up to 16 participants can take part at once.

### *Mindfulness Course – 8 weeks (2 hours per week)*

This course helps people to pause and pay attention to what they are feeling by practicing mindfulness through being present without getting caught up in thoughts about the past or worries about the future. The course is suitable for anyone with an interest in mindfulness, including beginners and those with experience.

### *Understanding and Managing Anxiety – 5 weeks (2 hours per week?)*

This group aims to provide participants with the knowledge and tools to improve their wellbeing. Groupwork is based on Cognitive Behavioural Therapy. Over the course of the group, the following areas will be covered: What is anxiety; what are the causes of anxiety; common treatments for anxiety; to relieve anxiety and bring peace to daily life; to move forward and enjoy life.

By the end of this group, participants should have a better understanding of their personal experience of anxiety and a toolkit of techniques to manage anxiety and restore calm in the body and mind.

### *Men's Peer Support Group – 6 weeks (2 hours per week)*

This group provides a safe and supportive space for men to share and support one another through life's challenges. The group facilitator, volunteers, and members work hard to ensure that everyone in the group feels listened to, respected and feels no pressure or judgement. Confidentiality and trust are key features within the group.

## Wellbeing Activities:

- Befriending
- Buddy Walks
- Wellbeing Activities
- Mindfulness & Relaxation

## The Ridge Support and Employability (The Ridge SCIO)

People aged 18 years old and over in the Dunbar and East Linton area including West Barns, Stenton, Spott, and Innerwick. The Ridge Support and Employability provides support for individuals experiencing challenges including mental health difficulties, housing, welfare, employment and volunteering. The team offers long term structured support to empower you to lead a fulfilled and independent life. Self-referrals and referrals by third parties to [support@the-ridge.org](mailto:support@the-ridge.org) or call 07849743066

Website: [The Ridge SCIO – Inspiring transformational change \(the-ridge.org.uk\)](http://the-ridge.org.uk)

Address: 88 High Street, Dunbar, EH42 1JH

### *Available Services (The Ridge)*

- ‘Cooking for Life’ Class
  - Friendly and relaxed course that will equip participants with basic cooking skills that will allow them to cook with confidence on a limited budget.
  - Wishing Tree Café Lauderdale Park
- Dunbar food share and drop in social café
  - At Dunbar Parish Church
- Music Appreciation Group
- Recovery Café
- Peer support worker available for support, drop in and access to internet, includes a free lunch.
- Crisis Drop Ins
- Larder – open during all sessions for emergency food provision and access to sunny soups.
- Social Security Scotland

Local delivery appointments can be booked at office, drop in every Friday afternoon – for support and information about all devolved benefits [Local Delivery - mygov.scot](http://mygov.scot)

### *The Ridge's Women's Well-Being Group (4 weeks)*

This group provides women with a safe and supportive space to share and support one another through life's challenges. Their CBT trained therapists will facilitate this group ensuring that all its members feel welcome, safe and supported whilst providing practical tools and coping strategies that are transferable into everyday life. This group offers a confidential, non- judgmental space. The group can cover issues such as confidence and self-esteem, anxiety and family matters, the content will be led by the group.

### *Other Services Available at The Ridge*

- Art Group
- Mindfulness for Resilience Group
- Befriending Service
- PVG volunteer supporter
- Community Gardens
- Several volunteer groups

### *Woodland and Coastal outdoor sessions (The Ridge)*

The following Adult Woodland and Coastal outdoor sessions are run together with Diane Christopherson from Wilder Outdoor Education. Attendees do not have to be able to attend both sessions so please specify on the referral form whether it's one or both sessions. A member of The Ridge support team will also be in attendance at both sessions. Given the nature of the activities and the locations, there may be some physical barriers to participation.

### **Wilder Woodland Session**

What to expect: Getting to know the woodland; group activities to help us tune into the wonders of a woodland space; fire lighting safety and skills in a woodland; learning how to use a flint and steel; simple campfire cooking; relaxing in the woodland; nature connection and hammocks; refreshments provided during session. Check website for dates, times and location.

## Wilder Coastal Session

We'll be heading out on a spring low tide to explore the rockpools at Belhaven Bay and find out about different seaweeds growing on our local shore. We'll learn about some of the health benefits of eating seaweed and trying some out Fire lighting and safety skills on the beach – sourcing natural tinders, using flint and steel and working with the elements. Relaxing on the beach – nature connection and mindfulness Tea/coffee/biscuits provided during session. Check website for dates, times and location.

## Anam Cara

Anam Cara is a registered Scottish charity supporting women whose aim is to improve their emotional wellbeing. Anam Cara was developed by women who recognised a gap in services to provide a lived experience approach to supporting women's emotional wellbeing. Through the team sharing real life experiences, they can safely explore subjects like vulnerability, authenticity and low self-worth, and help to develop useful skills and techniques.

Workshops are conducted in Haddington (but can also be attended online), with updates about upcoming events stated on their website. To be referred to this workshop, contact Julie Surgeon at [Julie@anamcara.scot](mailto:Julie@anamcara.scot).

Anam Cara requires prospective clients to self-refer via a registration form (available on their website).

<https://www.anamcara.scot/>

## Stepping Out

Stepping Out is a mental health project that works with individuals with severe and enduring mental health difficulties offering a wide range of support to encourage confidence decision making and independence. Stepping Out provides recovery focussed services for people helping them to create their own programme of activities this can include: Art supper clubs;

Walking therapy; Healing Garden; Healthy Minds, Happy Babies; Cycling; Fitness and Healthy Mind. The team also work with people on an intensive one-to-one basis.

### **Intensive one to one support**

Intensive 1:1 support to help people take vital steps back into community, life, exercise or social environments. This service is member led. The range of help can be from helping someone in a crisis with daily tasks to embarking on a 0-5k to supporting someone back into work or education.

### **Groups**

#### *Art Group*

Mondays 10am – 1pm – North Berwick Community Centre

Art and crafts group is run by community artist Alec Hodgson and is part of a programme of shared skill and support. The group explore a variety of activities at their own pace and in their own way with gentle encouragement and more emphasis on process than the pressure of final products.

#### *Healthy Minds Happy Babies*

A weekly group held in Dunbar jointly with HomeStart. For mums suffering from severe post-natal depression. Referrals via CMHT or midwife. Safe group environment for mums to attend to help navigate difficult times when suffering from postnatal depression. Group provides additional tailored 1:1 support and onsite creche for the babies.

### **Activities & Clubs**

#### *The Healing Garden*

Tuesdays 11am – 3pm based at garden space at Lewisvale Park in Musselburgh

Safe space to work together as a group or individually on a personal growing project. Learning about healthier eating and new produce, with one of the project workers alongside lifestyle motivator.

### *Lunch Club*

Wednesdays 11am-3pm at North Berwick Community Centre

Designed for people to cook and eat together, and to learn healthy new recipes. Lunch club is a sociable safe environment where everyone eats at a table together.

### *Gardening, Art/Craft, Exercise or Walking Therapy*

Tuesdays 11am – 3pm at the Heating Garden, Lewisvale Park Musselburgh

- Gardening - Get out in the fresh air in the vegetable and herb garden. They grow as much of their own produce as they can to supply the lunch and supper clubs with the freshest healthiest ingredients. Everything tastes better when you've grown it yourself.
- Arts/crafts - Get creative with some art and crafts adult colouring into jewellery making a social way to connect over a coffee.
- Walking therapy - Local walks around the Musselburgh area will get people outdoors and build up an appetite for lunch back at the garden.
- Exercise Therapy – Exercise with some badminton, supported gym sessions, they offer a 0-5K programme or a swim with their project worker.

Stepping Out is located at North Berwick Community Centre.

How to refer: Referrals mainly from psychiatric services and/or social work. Appropriate referrals from other sources can be discussed via phone. No self-referrals. Referral form can be accessed via [Referrals | steppingoutel \(steppingouteastlothian.org\)](https://www.steppingouteastlothian.org) Stepping Out are happy to discuss referrals via phone +44 845 790 9090.

Website: <https://www.steppingouteastlothian.org/>

Address: North Berwick Community Centre, 8 Law Road, North Berwick, EH39 4PN

## Other East Lothian Wellbeing/Support Services

### East Lothian Works

East Lothian Works supports and inspires people to fulfil their career goals, develop new and existing skills and help grow their businesses in East Lothian. The team provides expert advice on jobs, training, and skills development.

Advisors can help people who are generally ready for a new challenge or a change of direction. This may include returning to work or education after a break or retraining for a new career. Several courses are available for those for whom English is their second language.

Working close with partners, groups and courses will:

- Help improve confidence when applying for a job and learning new skills
- Developing interview skills
- Support writing a CV, whether for a job or college
- Improve spelling, writing and numeracy skills
- Build your reading skills
- Strengthen life skills including time management, budgeting, bills and money

Helpline 01620827262

[elworks@eastlothian.gov.uk](mailto:elworks@eastlothian.gov.uk)

### ELSAS

East Lothian Sexual Abuse Service is an outreach service, providing free and confidential counselling support to women, all members of the trans community and non-binary people aged 16 and over who live in East Lothian. ELSAS is part of Edinburgh Rape Crisis Centre.

They work with survivors who have experienced rape, sexual assault, sexual abuse or any form of sexual violence. Some survivors they work with have recently experienced sexual violence whilst others have suffered historic abuse and harm.

They can also provide counselling support to family, friends and partners of survivors of rape and sexual violence.



They welcome self-referrals, or they can take referrals from professionals, agencies if the person knows, agrees and is happy to be referred.

Referrals can be made by emailing the following email address: [elsas@ercc.scot](mailto:elsas@ercc.scot)

## [Active East Lothian](#)

East Lothian's 'One Stop Shop' for sport and activity. It is a partnership between Council teams including Sports Development, Active Schools, Outdoor Learning Service and Community Sport Hubs. It brings together all those in the community dealing with sport and activity in one place. It is run for the community by the community.

[Active East Lothian | Home](#)

## [Ageing Well – East Lothian](#)

The Ageing Well project promotes healthy lifestyles for people over 50 in East Lothian. The project aims to maintain and promote physical and mental health, wellbeing and quality of life through a list of activities.

Activities run on weekdays and some weekends. These include:

Walking, aerobics, kurling, qi gong, mindfulness, pilates, yoga, walking hockey, swimming, walking football, zumba, senior movements, men's shed, sporting memories, table tennis, gentle exercise, pelvic floor health.

Self-referrals and referrals by third parties are both accepted.

Activities may have an attached cost. However, Ageing Well believe that cost should never be a barrier to participating in sport and physical activity. Please get in touch to discuss alternative payment options.

[Active East Lothian | Ageing Well](#)

Contact: Parvine Woodger (Ageing Well Coordinator)

[pwoodger@eastlothian.gov.uk](mailto:pwoodger@eastlothian.gov.uk)

07718 117 686

## Neighbourhood Networks

Neighbourhood Networks is a charity that supports vulnerable adults mainly with learning disabilities, physical disabilities and mental health issues to live an independent life, safely, within their own homes and be fully involved within their local communities. They have Networks supporting members across the Central Belt of Scotland.

Networks of East Lothian: Haddington, Musselburgh, Musselburgh Transitions Network, Dunbar and Tranent.

Community Living Workers are employed to support each Network. They live in the same communities as the members which mean they have localised knowledge of the area and the facilities available. Living nearby also means there is early recognition when life is becoming difficult for our members and crisis can be avoided.

Members are supported to develop their own personal support plan which focuses on areas such as independent travel, money management, life skills, employment, building friendships and relationships. Members are supported to understand and deal with their responsibilities as tenants and neighbours to ensure they are not at risk of losing their home. Members are encouraged to share life skills and offer support to other members within their own networks and also across the organisation.

How to refer: Third party referrals are accepted. The recommendation and note of interest forms, as well as information leaflets, can be found on the website under [Resources - Neighbourhood Networks](#).

Neighbourhood Networks

Pavilion 5A

Moorpark Court

25 Dava Street

G51 2JA

Tel: 0141 440 1005

info@neighbourhoodnetworks.org

## Andy's Man Club

Andy's Man Club are a men's suicide prevention charity, offering weekly peer-to-peer support groups for men aged over 18 across the UK and online. These usually run on Mondays at 7pm (except bank holidays). Their aim is to reduce stigma surrounding men's mental health and help men through the power of conversation. Nearest group is in Berwick-Upon-Tweed. Alternatively for online support please contact them via [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk) or make an enquiry on their website. Please note that they are not a 24/7 service.

[Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club \(andysmanclub.co.uk\)](#)

## Men's Shed Association

The UK's Men's Shed Association is the support body for Men's Shed across the UK. They are working hard to inspire and support the development of as many Men's Sheds as possible, for the benefit of men's mental health and wellbeing. They are a member organisation, representing UK-based Men's Sheds, raising awareness of the Men's Sheds movement and the many benefits of Shedding. They aim to enable access to a Men's Shed for every man who would benefit from one. Men's Sheds provide support and guidance to individuals and groups across the UK by reducing isolation, loneliness and empowering local communities.

What is a Men's Shed?

Men's Sheds are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are about social connections and friendship building, sharing skills and knowledge, and laughter. Sheds are whatever members want them to be. They can be empty offices, portable cabins, warehouses etc.

For more information, the team are available via 0300 772 9626 between 9am and 2:30pm Monday to Friday. Or email via [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk)

Accessible Men's Sheds in East Lothian:

Dunbar

The Dunbar Community Shed is very focused on supporting other community projects, i.e. the church in which it takes place, a local nursery and primary school. Everyone is welcome no matter what their age, sex, or ability (care workers may need to be there for support) Open 10:30am to 4pm on a Wednesday Contact: Mark Coull Email: [mark@strive.me.uk](mailto:mark@strive.me.uk) Tel: 07912 947 687 or 01875 615423

Belhaven Parish Church Hall,

Belhaven Road,

Dunbar,

EH42 1NH

North Berwick Men's Shed

New members are always welcome. Weekly meetings for light banter with biscuits and tea/coffee. 1.30pm-3.30pm. Every Wednesday

Planning discussions take place in informal style for local projects. Separate workshop within the town for community works to help enhance the wellbeing of all.

Personal jobs for members with helpful advice and help from other members if skill training required.

Contact Name: Paul Duffney

Telephone No.: 07906 341124

8 Law Road,

North Berwick,

EH39 4PN

Aviation Preservation Society of Scotland

Open on Wednesdays and Thursdays 10am – 4pm. Everyone is welcome to join. Annual membership is £20. Our main interest is developing aviation heritage skills. We are building a WW1 biplane, a Sopwith 1 1/2 Strutter, to full flying standard and about to start a Sopwith Pup. We are also refurbishing two light aircraft. We have an active radio and radar group refurbishing vintage electronic equipment.

Contact: Bob Thompson

Phone: 07753263726

Email: [coms.apss@gmail.com](mailto:coms.apss@gmail.com)

North Berwick,

EH39 5JP

Macmerry Men's Shed

Macmerry Men's Shed independent registered Scottish Charity sc 045465. We meet every Tuesday & Thursday at Macmerry Village Hall East Lothian EH33 1PL 1.00pm-4.30pm. Visitors always welcome Contact David Dickson Chairperson 01875613501 or 07713276568

Westbank Road,

Macmerry,

EH33 1PL

The Heugh Community Garden Men's Shed & Women's Shed

Every Thursday at the Heugh Community Garden in Tranent

Men's Shed: 10.30am till 12.30pm

Women's Shed: 1pm till 3pm

For more information email: [lorraine@naturalconnections.org.uk](mailto:lorraine@naturalconnections.org.uk)

1 The Heugh,

Tranent,

EH33 1BE

### Musselburgh Men's Shed

The Musselburgh Men's Shed officially opened in January 2016 after a few months of organised set-up. The Shed currently runs every Tuesday from 2 - 4pm with plans to add hours and days to this as the group grows and activities are extended. All men from all walks of life and with any ideas are welcome to help build this into the fourth successful Men's Shed in East Lothian. Come along to build, learn and most importantly socialise. Contact: Mark Coull Email: [mark@strive.me.uk](mailto:mark@strive.me.uk) Phone: 07912 947 687 or 01875 615423

Our Lady of Loretto & St. Michael's,

17 Newbigging,

Musselburgh,

EH21 7AJ

## DadsWork

DadsWork is a community project in East Lothian working with fathers and male care givers. It provides support, positive parenting classes, workshops on the role of fathers, home visits, trips and outings for fathers and their children.

### Services

#### Weekly Drop in Support Group

Wednesday 10am-1:30am. A safe space to meet other dads and talk about their experiences.

First Step Community Project,

37 Galt Avenue,

Musselburgh,

EH21 8HU

### Counselling

Person-centred counselling to dads and male care givers. Monday 1:15pm – 4:14pm

First Step Community Project, 37 Galt Avenue, Musselburgh, East Lothian, EH21 8HU

Wednesday 9:00am to 14:00

### Outreach Service

1:1 Support Service

Dad 2 B East Lothian

DadsWork Men's Shed/Musselburgh Men's Shed

Family Caravan

Summer Activity Programme

Family Outings

Go Mad with Dad

Man2Man (Strong Men)

### Headway

The East Lothian Headway Group supports the person with the brain injury as well as their family and carers. There is a Headway East Lothian where they provide people disadvantaged by their experiences with Brain Injury access to activities that improve their confidence and self-esteem; giving them the skills and information that will help them to self-manage their condition. They work on a self-management ethos, whereby the individual is in control,

which does not mean that an individual or family are managing their condition alone. The focus is on developing self-management services, leading independent living skills and provisioning therapeutic rehabilitation activities at 3 weekly group meetings. The three groups take place in various areas of the county to enable as many members to participate as possible. These activities include financial management, advice on welfare reform, exercise related activity groups, planning and organisation skills through planning weekly activities.

Referrals can be made via the Contact section of Headway's website: <https://headway-eastlothian.org.uk>

The Bleachingfield Centre

Countess Crescent

Dunbar

EH42 1DX

Phone: 07895 193974

[headwayeastlothian@live.co.uk](mailto:headwayeastlothian@live.co.uk)

## Carers of East Lothian

Carers of East Lothian supports all adults in a caring situation in East Lothian to get information and services to help their individual caring role, enhance their own wellbeing, and strengthen their collective voice to improve services. Carers are people who provide help and support to a friend, neighbour or relative who could not manage otherwise because they are frail, have a long term illness or disability.

*Services include:*

- 'Carer support' for a range of practical and social issues including housing, social care services, and care planning
- Counselling service for carers
- Advocacy
- Mindfulness Group for carers
- Men's group

*How to refer:* Self-referrals accepted. [Online referral form \(coel.org.uk\)](https://www.coel.org.uk)



Contact: Claire Thomas on [Claire@coel.org.uk](mailto:Claire@coel.org.uk) ; 07760760044

## Improving Cancer Journey (Macmillan)

This service is for anyone over 16 affected by cancer at any point on their cancer journey. ICJ offers everyone affected by cancer (including families and carers) the chance to have a conversation with a dedicated ICJ practitioner to discuss their needs and help access tailored information and support.

*Support:*

- Cancer information materials
- Money or housing issues
- Work
- Caring responsibilities
- Physical concerns
- Emotional concerns

## Move More East Lothian (MacMillan)

‘Move More East Lothian’ has been set up to support people in East Lothian living with cancer to stay more physically active to improve their health throughout their cancer experience. Fully trained exercise instructors and volunteers offer a range of activities designed for people with cancer. Activities are tailored for the participant and help to build confidence, balance and strength, in a fun and supportive environment.

*Support:*

- gym/circuits-based classes
- gentle movement classes (Tai Chi / Qigong fusion with meditation)
- health and wellbeing walks
- gardening groups

*How to refer:* Self-referral or via third-party. Contact 0131 653 5264 or email [movemore@enjoyleisure.com](mailto:movemore@enjoyleisure.com)

*How to refer:* Self-referral or via third party. Email [loth.icj@nhslothian.scot.nhs.uk](mailto:loth.icj@nhslothian.scot.nhs.uk) or call 0131 537 1500.

## Edinburgh Based Services

### Thistle

Thistle is a Scottish charity supporting people with long-term health conditions and disabilities to live life on their terms, both one-to-one and in groups. They support people living with disabilities, long-term conditions or facing challenging life situations to live well, whatever that means to them. Thistle supports people to take control of their life, focusing on the person, not their situation.

Thistle offer:

Health and Wellbeing support for people living with a long-term health condition (either mental or physical or both) or facing challenging life situation. This is a minimalist type of support for people where the aim is to have no more meetings than necessary. Work is complete when the person is on their way to noticing improvements they want to see in their life and are feeling confident at dealing with any future setbacks.

Supported Living – personalised support packages for people with disabilities to live independently in their own homes

Thistle YP – support for young disabled people moving from school to adult life to plan for the future of their choice

Volunteer training so people with lived experience of long-term conditions can deliver our work in the communities.

Moving Well at Thistle Gym – moving in a way that works for you, is enjoyable and supports you feeling well: access to gym groups and classes such as peer led Tai Chi, seated exercise, Thistle outdoors bike project for anyone able to come to Craigmillar

Mindful Moments – mindful practice to help stay in the moment

Lifestyle Management Courses - for people living with a health condition (10 weekly 3-hour long group sessions, either face to face or online). Helps with coping better, rebuilding confidence and taking control of one's own life. Led by trained facilitators, including

previous course participants. Each session includes discussion, safe and appropriate physical activity, and therapeutic relaxation. Sessions include topics such as sleep, stress, relaxation, pacing, mind-body connection, communication skills, managing relapse and planning forward.

Veterans Wellbeing Support – Supporting veterans living with long term health conditions or facing challenging life situations. Thistle offers one-to-one wellbeing coaching, group-based veterans lifestyle management courses, a choice of course environment – civilian or with other veterans, mindfulness courses.

***How to Refer:*** Self-referrals or third-party referrals to [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk) for a referral form. Once the referral has been received, Thistle will contact the person to arrange a first meeting either face to face, by phone or online platform. After the initial conversation, a person can then decide which support if any would be useful.

For Supported Living enquiries [supportedliving@thistle.org.uk](mailto:supportedliving@thistle.org.uk)

Anything else [info@thistle.org.uk](mailto:info@thistle.org.uk) or 0131 661 3366

13 Queen's Walk,

Edinburgh,

EH16 4EA

## Maggie's

Maggie's is a charity providing free cancer support and information in centres across the UK and online, with centres beside major cancer hospitals. Their Support Specialists, Psychologists and Benefit Advisors support people who have been diagnosed with cancer as well as those who care about someone who has been diagnosed with cancer. Maggie's offers support that fits people's unique needs. They are here for anyone with cancer and their family and friends, whatever kind of cancer, and whatever stage they're at. All support is free, no appointment or referral is needed. There is no time limit on support. Maggie's also work with experts who provide exercise groups, yoga, nutrition advice and much more.

Our qualified staff guide each person through the parts of our support that are most appropriate to them. The support we offer includes:

Courses and workshops designed to make coping with cancer easier

Support groups

Guidance on how to access the right information

Help with understanding treatment choices

Advice on managing side-effects

Practical help with issues like benefits and nutrition

Emotional and psychological support

a chance to connect with others around our kitchen table

Workshops, courses, one-to-one and group support help people to change the way they live with cancer. Maggie's focus on the things that really make a difference, like money worries, help with stress and depression, managing side-effects and relationship and family support. Their support has been shown to improve physical and emotional wellbeing and to help people take control when cancer turns life upside down. Maggie's cancer support is evaluated regularly, and is informed by external research findings, their own research and advice from external reviews.

Maggie's Edinburgh

The Stables, Western General Hospital

Crewe Road

Edinburgh

EH4 2XU

Open Monday to Friday, 9am-5pm

[Edinburgh@maggies.org](mailto:Edinburgh@maggies.org)

0131 537 3131

## Circle (Supporting families in Scotland)

Circle is a registered charity working with families facing multiple disadvantages of structural inequality, poverty, drug and alcohol use, imprisonment, physical and mental health, trauma, abuse, and loss. Circle believe that every child, no matter their background or circumstances should have the support they need to live a happy and healthy life. Circle works alongside the whole family promoting the positive involvement of all family members. They use a whole family, strengths-based approach that seeks to empower family members to find their own solutions and build resilience focusing on their rights, hopes and aspirations.

Circle delivers projects in Edinburgh, East and West Lothian, North and South Lanarkshire.

Head Office:

18 West Pilton Park

Edinburgh

EH4 4EJ

0131 552 0305

[www.circle.scot](http://www.circle.scot)

[Info@circle.scot](mailto:Info@circle.scot)

## Ground Swell Scotland

Groundswell Community Project is an international, transformational community of 'surfsisters' across the oceans. It is a non-profit organisation specialising in Groundswell Surf Therapy, facilitating programmes designed to allow for healing and growth through surfing and connection to nature, community, and self. The unique and innovative programmes provide the opportunity for all women, cis and trans, to come together around the ocean with the aim of promoting health and wellbeing. They also offer one-to-one surf therapy, community sessions, workshops and bespoke retreats.

The accredited surf therapy curriculum and programmes are rooted in somatic, trauma-informed, nature, and community therapy models. The programmes best support the holistic healing of participants and their communities overcoming various forms of trauma and its mental health effects.

[scotland@groundswellcommunity.org](mailto:scotland@groundswellcommunity.org)

[Groundswell Scotland – Surf Therapy & Community programmes for women. \(groundswell-scotland.org\)](http://Groundswell Scotland – Surf Therapy & Community programmes for women. (groundswell-scotland.org))

## Women's aid

Women's Aid East and Midlothian (WAEML) is a charity and company limited by guarantee to provide support, information, advocacy and temporary accommodation to all women (including transwomen), children and young people who have been subjected to domestic abuse.

Women's Aid can:

Offer confidential support and advice

Answer your questions honestly

Provide information

Give advice on keeping yourself and your children safe

Provide temporary accommodation

<https://womensaideml.org/>

**How to refer:** Women's Aid can be contacted by calling 0131 315 8110 or by emailing [duty@edinwomenaid.co.uk](mailto:duty@edinwomenaid.co.uk) Referrals can be completed using this information also.

29a

Eskbank

Road

Dalkeith

Midlothian

EH22 1HJ

## Abused Men in Scotland (AMIS)

AMIS is Scotland's leading charity for men who experience domestic abuse. They operate a national helpline, website and training services.

If you need to contact them for support as a victim of domestic abuse, call on 03300 949 395. Their lines are open from 9am to 4pm, Monday to Friday. Alternatively, email their Support Team on [support@amis.org.uk](mailto:support@amis.org.uk)

Mayfield Farmhouse,

5 Eskview Road,

Dalkeith,

EH22 5EA

0131 447 7449

## Number 6

Number 6 is a service for adults with autism who fit the following criteria:

16 and over

Formally diagnosed with autism

No additional learning disability

Resident in Edinburgh, the Lothians or the Borders.

**How to refer:** Number 6 accept self-referrals and third-party referrals. Referrals via email to [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk). Initial appointment via phone/video call or at Number 6.

Number 6 provides free social opportunities and 1-1 advice and support on a range of issues.

<https://www.number6.org.uk/>

Self-referrals and third-party referrals accepted. Email [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk) to organise an initial appointment.

For autism diagnostic services, clients must be referred by their NHS mental health team. Contact above email for diagnostic enquiries.

## Scottish ADHD Coalition

Edinburgh Adult ADHD Meet Up Group

EH7 4AA

We welcome all adults with or without a diagnosis, spouses, partners and close family members/friends. Usually, a meeting is held on the 1st Thursday of the month at a coffee bar in central Edinburgh, currently Joseph Pearce at the top of Leith Walk. Contact: Message Simon via the Facebook page <https://www.facebook.com/EdinburghADHD/>

For more information on ADHD:

Adults with ADHD Self Help Resource Pack June 2017 ([nhslothian.scot](http://nhslothian.scot))

## Cruse Scotland – Bereavement Support

Cruse Scotland is a well-established organisation specialising in bereavement counselling, listening services, information, advice and training. They aim to create a compassionate country where grief is properly discussed, understood and supported.

***How to refer:*** Cruse services are self-referral. Clients can refer themselves to Cruse by contacting their local Cruse service: <https://www.crusescotland.org.uk/>

If they need extra support, they can also call the Cruse helpline, which offers emotional support and will be able to discuss with them what help is available in their area.



## Survivors Of Bereavement By Suicide (SOBS)

Support and advice for people bereaved by suicide. The Edinburgh branch offers online zoom meetings on the last Thursday of the month (7pm-8:30pm) and face-to-face group meetings on the 2nd Tuesday of each month (6:30pm-8:30pm).

*Helpline: 07787 580 998*

*How to refer:* Email: [edinburgh@uksobs.org](mailto:edinburgh@uksobs.org); Phone: Jacqui on 07538 719 993

*Website:* <http://uksobs.org>

## Scottish Acquired Brain Injury Network

Scottish Acquired Brain Injury Network (SABIN) is a National Managed Clinical Network, and to achieve this vision, SABIN brings together a multi-disciplinary group of service user representatives, health care professionals, service providers, and voluntary sector groups interested in the provision of brain injury services.

Services in Lothian: [NHS Lothian – Scottish Acquired Brain Injury Network](#)

Contact information: <https://www.sabin.scot.nhs.uk/contact-us/>

## Juno Perinatal Mental Health Support

Juno is for Mums and Mums to be whose main presenting issue and/or primary diagnosis is a perinatal mental health issue

### Support Groups

Online Peer Support Group – weekly Zoom group every Monday from 8-9pm. Please email [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com) for enquiries.

*How to refer:* Self-referral and drop-in. Referrals accepted from GPs, midwives, health visitors, family support workers and other relevant health professionals and organisations

## **Clinical Health Psychology**

In all cases, first point of referral for mental health problems is the Psychological Therapies Service East. However, mental health difficulties specifically related to any of the below health problems or if specialist input is needed, PTS might consider onward referral to specialist services as outlined below. Clinical Health Psychology is a Lothian-wide service, supporting patients to adjust to acute and chronic physical health conditions. It offers interventions in a range of intensities and modalities, including group and individual therapy.

### **Lothian Chronic Pain Service**

The Lothian Chronic Pain Service is made up of the Chronic Pain and the Pain Management Programme (PMP) and is based across different sites in Lothian.

Pain Clinic

Leith Community Centre

12 Junction Place

Pain Clinic

Dept of Anaesthesia, Critical Care and Pain Medicine

Royal Infirmary of Edinburgh

Little France

### **Pain Management Programme**

Pain Management helps people think about the bits of their life that their pain has affected – this might be work, family, or their mood. It provides ways of working on these so they can live their life despite pain. PMP is suitable for people who have chronic pain (pain for more than 12 weeks and doctors have no further treatments planned – except painkiller medication).

People with chronic pain will see a specialist pain psychologist or a specialist pain physiotherapist. They will do an assessment and explain how the service might be able to help. ‘Pain Management Programme’ is a group treatment with around 12 people in each

group. The programme runs for 11 weeks delivered by a specialist pain psychologist and a physiotherapist.

The group explores:

- Understanding more about pain
- Managing 'flare-ups'
- Sleeping better
- Exercise you can manage
- Managing your mood
- 'Pacing yourself'
- Relaxing or feeling less stressed

Dept of Clinical Psychology

Astley Ainslie Hospital

133 Grange Loan

0131537 9128

Referrals will initially go to PTS East. If upon further assessment, a referral to pain clinic is appropriate, this will go to: Leith Community Treatment Centre, 12 Junction Place

### **Amputee Rehabilitation**

The psychology service offers psychological assessment and interventions for individuals who are encountering significant psychological disorders specifically related to their experience of amputation. Common presenting problems include adjustment disorders, body dysmorphic disorders, chronic pain, anxiety and depressive disorders.

The service is able to work at all stages of the amputation pathway, including shortly before amputation, soon after amputation when entering the specialist amputee rehabilitation ward (Sutherland ward, Astley Ainslie Hospital), as well as longer term.

Sutherland Ward, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh, Midlothian EH9 2HL

*Areas covered:* All of Scotland, except Glasgow

*Referral Criteria:*

Patients with psychological disorders and/or impaired functioning in relation to the experience of having an amputation.

### **Clinical Genetics Psychology Service**

Available to patients (and/or their carers/partners/family members) from NHS Lothian, NHS Borders and NHS Fife who are seen within the Clinical Genetics Service and require psychological input relating to:

- Making decisions about genetic testing
- Adjustment to genetic testing results and/or genetic conditions
- Disclosure of genetic condition to others
- Difficulties within personal relationships related to having a genetic condition and/or progressive illness
- Emotional difficulties, such as anxiety, depression, grief etc.
- Impact of a loved one's genetic condition

Southeast of Scotland Clinical Genetics Service

Department of Clinical Genetics

David Brock Building

Western General Hospital

Crewe Road

Edinburgh

EH4 2XU

### **Cardiac Rehabilitation Lothian**

Cardiac Rehabilitation Lothian is an outpatient service. The aim is to provide patients and their families with the knowledge and skills to self-manage their heart conditions into the long term. It helps with physical and psychological effects that people may have after being diagnosed with a heart condition.

Conditions are many and varied but assessments are routinely offered after the following cardiac diagnosis: heart attack, angina with stenting, coronary artery bypass surgery, heart valve surgery.

The service accepts referrals for other conditions such as heart failure, stable angina, out of hospital cardiac arrest and adult congenital heart disease. Referrals are accepted from GPs and healthcare providers.

While all staff have training in supporting and assessing psychological needs, the team uses a stepped care model which means patients will be seen by the most appropriate clinician in dealing with psychological difficulties. Where appropriate, patients can be referred to a Cardiac Psychologist. This is an outpatient service for patients aged 16 and over. Patients are seen individually for short-term focused therapy, such as CBT.

Astley Ainslie Hospital with a range of clinics throughout East, Mid and West Lothian.

### **Bariatric Surgery Psychology Service**

The NHS Lothian Bariatric Surgery Psychology Service prepares patients for the psychological aspects of bariatric surgery and helps with the adjustment to the post-bariatric surgery lifestyle and regimen. This can involve helping to remove psychological barriers to behaviour change, developing alternative emotional regulation strategies to emotional eating, and helping patients manage body image distress following extreme weight loss.

NHS Lothian Bariatric Surgery Service,

OPD4,

Edinburgh Royal Infirmary,

51 Little France Crescent,

Edinburgh,

EH16 4SA

## **Chalmers Clinical Psychology Service for HIV & Sexual Health**

The service supports the mental health and emotional wellbeing of people who have distress related to living with HIV, or other aspects of sexual health.

### **Psychosexual Therapy**

Psychosexual Therapy is a psychological treatment that provides help for specific sexual problems. The clinic is staffed by psychosexual therapists, all of whom are qualified in Psychosexual Therapy and are members of the College of Sex and Relationship Therapy (COSRT). The clinic provides assessment and psychosexual therapy for individuals and couples.

Referrals are accepted from GPs who can also rule out physical causes of sexual difficulties such as recent or past illnesses or medications that may be contributing to the problems.

### **Gender Identity Clinic**

Referrals from GPs in the catchment of NHS Borders, Fife or Lothian. GIC work in partnership with patients' GPs throughout their contact with the clinic, and this helps to ensure patients continue to be well supported at the end of their treatment.

## **COPD Psychology – Edinburgh and Midlothian Community Respiratory Teams**

The COPD service has Clinical Psychology input embedded within each of their teams. Clinical Psychologists accept referrals for individuals with a diagnosis of Chronic Obstructive Pulmonary Disease (COPD) where psychological factors are impacting on the wellbeing of the individual and/or the management of this condition. Reasons for referral include fear of breathlessness, anxiety, low mood and support adjusting to a long-term health condition.

Bonnyrigg Health Centre – Midlothian Community Respiratory Team

## **Cystic Fibrosis Psychology Service**

This is a service suitable for patients and their families for psychological and emotional support for issues related to CF, mental health and emotional well-being. The service covers a

wide geographical area from Lothian to Fife, Borders, Forth Valley and Highlands and Islands. The service adopts a model of preventative psychosocial care, surveillance and early detection of emotional and mental health difficulties related to CF. This is done through offering brief assessments, screening, and signposting during multidisciplinary clinics, offering inpatient reviews, attendance at MDT meetings and ward rounds. Outpatient assessment, formulation and therapy are also offered to patients who require this service.

Self-referral accepted as well as referrals from members of the clinical team.

Adult Cystic Fibrosis Service at Western General Hospital

### **Psychological Support Service for Blood Disorders**

The service provides a national lifespan service to children, young people and adults with Haemophilia and other inherited bleeding disorders. Supports individuals with a range of difficulties, including grief, anger, trauma symptoms, and difficulties adjusting to physical problems associated with hepatitis C and/or HIV. Reasons for referrals include procedural anxiety, difficulties with adherence to treatments, pain management, grief and bereavement, anxiety, depression and anger related to receiving infected blood products.

Astley Ainslie Hospital

### **ME-CFS Psychology Service**

A Lothian-wide service for patients who have been given, and accepted, a diagnosis of ME/CFS or Post-Viral Fatigue Syndrome. The service is staffed by Specialist Physiotherapy and Applied Psychology Staff. It is a rehabilitative, time-limited, guided self-management service. It offers holistic, multidisciplinary assessment and direct, time-limited clinical work in accordance with a bio/psycho/social model. Individuals may be offered individual treatment or invited to a group programme. The ME/CFS service does not offer long-term counselling/support. If a patient has complex mental health difficulties, then these should be addressed prior to considering referral to this programme.

For referral discussions or additional advice email:

[ME.CFSrehabreferral.nhsllothian.scot.nhs.uk](mailto:ME.CFSrehabreferral.nhsllothian.scot.nhs.uk)

Department of Clinical Psychology

Astley Ainslie Hospital

133 Grange Loan

Edinburgh

EH9 2HL

0131 537 9128

### **Plastics Psychology Service**

The psychologists sit within the Adult Exceptional Aesthetic Referral Pathway Panel which is a multidisciplinary team made up of Clinical Psychology, Psychiatry and Surgeons within the Plastic Surgery Department. Clinical Psychologists in plastics provide psychological assessment and input for individuals seeking aesthetic procedures under NHS funding. This includes an increasing demand for psychological therapy for individuals experiencing appearance-related distress, anxiety, body dysmorphia or adjustment difficulties before and/or after surgery.

St John's Hospital, Livingston

### **Psycho-Oncology Service**

The team provides service to patients accessing specialist treatment at the Edinburgh Cancer Centre. They offer highly specialised psychological assessment, consultation, and treatment to patients with cancer, their family members or carers, individually or together. The team see adults experiencing a wide range of psychological disorders, including but not limited to: depression, anxiety, panic and phobia associated with diagnosis or treatment; adjustment disorders; complex treatment decisions; significant psychological disorders relating to side-effects or after-effects of treatments; non-adherence to treatment body dysmorphic disorder; relationship or sexual problems resulting from illness or treatment; significant fear of recurrence of disease; complicated or severe grief reactions. The service is part of a large



Physical Health Psychology Service which includes a skill-mix of Clinical Psychologists, Counselling Psychologists, Health Psychologists, CAAP's and Assistant Psychologists.

The service is located at Edinburgh Cancer Centre, Western General Hospital

## Other Specialist Services

### **Perinatal Mental Health**

The perinatal mental health service aims to provide mental health assessment and treatment to women who are either at risk of, or are affected by, significant mental illness during pregnancy and/or in the first year after childbirth.

The service consists of:

- **Lothian Perinatal Community Mental Health Service** – which provides outpatient assessment and treatment pre-conceptually, during pregnancy and up to the end of the first postnatal year across the Lothian region.
- **The Regional Mother and Baby Unit** – a regional specialist mental health inpatient service for pregnant women (from 32 week's gestation) and postnatal mothers with their babies (up to one year postnatal) that is available to women across Scotland who are the main carers of their infants.

### *Referral Process*

PNMHS accepts new referrals for women meeting the criteria below who are pregnant and up to 6 months postpartum.

Note: Women who have been under PNMHS in the current perinatal period but have been discharged from the service, can be re-referred up to 1 year postpartum.

The team accepts referrals for women in the perinatal period, even if they appear well, who have:

- Previous history of puerperal psychosis
- Diagnosis of bipolar affective disorder

- Diagnosis of schizophrenia, schizoaffective disorder or other psychotic illness
- Previous history of severe recurrent depression that required treatment in hospital/secondary care.
- Previous history severe perinatal mental disorder (e.g. severe anxiety, OCD) that required treatment in hospital/secondary care.
- A family history of Bipolar Affective Disorder or Postpartum Psychosis if the woman also has a personal history of moderate to severe mental ill health
- Women who are not already open to secondary mental health services and present with:
  - Current moderate/severe mental ill health that has not responded to management in primary care and/or where the risks cannot be managed safely in primary care
  - A request for preconception counselling and advice regarding treatment options during pregnancy

Address: Block 1 / 2 Residences, St John's Hospital, Howden Road West, Livingston, EH54 6PP

Tel: 01506 524176

Email: [pnmhs@nhslothian.scot.nhs.uk](mailto:pnmhs@nhslothian.scot.nhs.uk)

Please visit RefHelp for further referral information:

<https://apps.nhslothian.scot/refhelp/guidelines/perinatalmentalhealth/>

## **Perinatal Mental Health Support in the Community**

### **PANDAS Foundation**

*Perinatal Support Group*

Location: Prestronpans

Led by a trained group manager with lived experience, our support groups offer a calm community for parents who are struggling. They provide a safe space for you and your baby, where you can meet other parents, and chat, listen and share your experiences.

Held 2nd Monday of every month 19:30-21:30

Group Leader: Frances Lang

Referral: Email [eastlothianpandas@gmail.com](mailto:eastlothianpandas@gmail.com)

### **Veteran's first point**

Veterans First Point (VIP) has been developed by Veterans for Veterans and is staffed by an alliance of clinicians and Veterans. The service we provide is free at the point of access and provided as part of the NHS. VIP works in collaboration with a large range of both statutory and third sector providers to meet the needs of veterans 'whatever they may be.' There are currently six Veterans First Points in Scotland each providing a range of services that work to the same ethos. More information about each local Veterans First Point can be found on our 'Where to find us' page.

V I P are moving on 20<sup>th</sup> March alongside partners at Erskine, Edinburgh. The team and service model will continue as normal.

Veterans First Point Lothian

First Floor, Rosthesay Wing

Erskine, Edinburgh

468 Gilmerton Road

Edinburgh

EH17 7SA

### **Eating Disorders**

First point for eating disorders is the Psychological Therapies Service East. However, if specialist input is needed concerning disordered eating or medical monitoring, a referral to the below is appropriate.

**Specialist Adult Service (for people over the age of 18 years): Lothian Eating Disorder Service (LEDS)**

Outpatient and Community Service based at the Cullen Centre, Royal Edinburgh Hospital: multidisciplinary team which includes administrators, an art therapist, assistant psychologists, clinical psychologists, dieticians, nurses, psychological therapists, and psychiatrists

Offer service to all adults with a primary eating disorder diagnosis including those who are underweight, normal weight and overweight

Email: [cullenadmin@nhslothian.scot.nhs.uk](mailto:cullenadmin@nhslothian.scot.nhs.uk)

Tel: 01315376655

Referrals: no self-referrals, GP referrals

For a preliminary discussion about the suitability of a referral please contact the referral coordinator by phone on 01315376655.

For medical liaison (referrers to use if they want advice about results / advice if the patient is ill but refuses referral), please email [cullenadmin@nhslothian.scot.nhs.uk](mailto:cullenadmin@nhslothian.scot.nhs.uk)

Referral aid can be found here [Eating Disorders \(Adults\) and Cullen Centre – RefHelp \(nhslothian.scot\)](#)

Key documents can be found under [Professionals – South East Eating Disorders Scotland \(nhslothian.scot\)](#) for the attention of professionals working with people who have moderate to severe eating disorder symptoms.

Cullen Centre

Tipperlinn House

Tipperlinn Road

Royal Edinburgh Hospital

Edinburgh

EH10 5HF

Inpatient service:

The Regional Eating Disorder Unit (REDU) is a 12 bedded specialist unit for people with a severe eating disorder, located at St John's Hospital in Livingston. Accept admissions for patients who are 18 years or older with a primary diagnosis of an eating disorder. Patients younger than this may be considered for admission but only if this is deemed appropriate after full discussion with all parties involved.

Referrals are only accepted from an established community team specialising in eating disorders. GPs can only refer to the community teams and are unable to refer to the unit directly. Referrals are arranged for Mon-Fri between 9-4pm, except in emergencies.

For further info on eating disorders and disordered eating: :  
<https://www.beateatingdisorders.org.uk/>

## Substance Use

### **East Lothian Substance Use Service**

This is a multidisciplinary nurse-led community-based service provided in partnership between NHS Lothian, MELDAP and East Lothian Integrated Joint Board. The service specialises in the assessment, care and treatment of people experiencing a range of difficulties related to alcohol and/or drug use with interventions delivered by Mental Health Nurses experienced in substance use. The service is suitable for adults aged 18 and over experiencing difficulties related to alcohol and/or drug use.

Nursing staff are supported by Clinical Psychology, Psychiatry, Social Work, Occupational Therapy and third sector colleagues (MELD, Circle Scotland).

This service offers:

- comprehensive assessment
- medication-assisted treatment (Methadone, Buprenorphine – SL, Wafer and monthly injection)
- bloodborne virus testing and treatment
- advice and support to individuals and their families
- peer support
- psychological therapies

- community detoxification (alcohol and benzodiazepines)
- referral for inpatient detoxification (alcohol)
- assessment and referral for residential rehabilitation
- harm reduction techniques and relapse prevention strategies
- support to access voluntary work/employment/training
- practical support for housing and financial issues
- referral to and joint working with other specialist agencies
- injecting equipment provision

Self-referrals and referrals by third parties are accepted.

The Esk Centre

Ladywell Way

Musselburgh

EH21 6AB

0131 446 4853

### **Narcotics Anonymous**

Narcotics Anonymous is a community of people who support each other to achieve and maintain a drug free life. The only requirement for participation in NA is a desire to stop using drugs. There are no membership fees, and each group is self supporting. NA is not allied with any religion, institution or other organisation. NA exists solely so that its members can support each other to stay drug free and to help others achieve and maintain a drug free recovery and lifestyle.

In NA we are not concerned about what drugs people may have used, what they have done in the past or what their personal status might be, we are only interested in what they want to do to change their life and how we can help. Addiction cuts across all segments of society and age groups and affects people in differing ways. In the beginning many who come to our meetings think they are different and will not belong, but on attending meetings and hearing others talk about their experiences they often realise how similar these are to their own.

HELPLINE: (10am to Midnight) 0300 999 1212 (for addicts wishing to find out more about NA)

*How to refer:* Please feel free to contact us by email if you would like to find out more about Narcotics Anonymous or to be put you in touch with your local NA community.

[pi@ukna.org](mailto:pi@ukna.org)

## **Alcoholics Anonymous**

AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help. Alcoholics Anonymous does not engage in the fields of alcoholism research, medical or psychiatric treatment, education, or advocacy in any form, although members may participate in such activities as individuals.

The Fellowship has adopted a policy of "cooperation but not affiliation" with other organizations concerned with the problem of alcoholism. Traditionally, Alcoholics Anonymous does not accept or seek financial support from outside sources, and members preserve personal anonymity in print and broadcast media and otherwise at the public level.

If you need help with a drinking problem either phone our national help line on 0800 9177 650 or contact us by email: [help@aamail.org](mailto:help@aamail.org)

### Live chat

We also have a facility allowing you to message one of our volunteers. (This service is not staffed round-the-clock). The "Chat Box" is on the following page:

<https://www.alcoholics-anonymous.org.uk/About-AA/Newcomers/Get-help-now>

These services are staffed by volunteer members of AA who will be happy to answer your questions or put you in touch with those who can.

## **LEAP**

LEAP is an intensive programme for people who want to stop drinking or using drugs. It is a therapeutic community. It supports people for three months, with structured activities every day. These include group work, workshops, presentations, education, and training. There are

also recreation and relaxation activities. Detoxification can also be provided from modest amounts of drugs or alcohol. People who take part in the programme can access supported housing at Randolph Crescent Hostel, run by the City of Edinburgh Council. Access to Industry also works with people on the programme, to help them start training or education, or to get a job, as part of their recovery plan. People who complete the programme can get support for up to two years after they finish.

<https://www.edinburghadp.co.uk/services/leap-lothians-and-edinburgh-abstinence-project/>

### **Substance misuse one-to-one support (Mid and East Lothian Drugs – MELD)**

MELD aims to provide locally accessible, confidential and non-judgemental services to reduce substance misuse-related harm to individuals and the wider community across Midlothian and East Lothian.

MELD employ Substance Misuse Workers in both Mid and East Lothian to offer one-to-one psychosocial support and recovery planning.

MELD also has a team of Peer Support Workers working in East Lothian. They are individuals who have lived experience of overcoming substance misuse issues. Through shared understanding and experiences, workers are able to offer practical and motivational support to individuals accessing the service. They can also encourage participation and engagement in other services in East Lothian that may be beneficial to your personal recovery journey. This includes a network of recovery-based services that can offer a range of internal and external interventions and support.

***How to refer:*** Self-referrals and referrals by third parties. Contact 07843 339 958 or email

office@meld-drugs.org.uk

The Esk Centre

Ladywell Way

Musselburgh

EH22 1AL



## **Gambling Addiction**

The National Gambling HelpLine is free to call on 0808 8020 133 or you can chat to an adviser. We provide live, confidential, one-to-one information, advice and emotional support, plus we can signpost to further sources of specialist help, including our face to face, online and telephone treatment services across England, Scotland and Wales.

Our Helpline (phone and live chat) services are available 24 hours a day. Advisers are specifically trained and can discuss what options are available, and they can offer coping strategies to those who want to change their gambling behaviour as well as support for others who are impacted by gambling.

Our online Forum and Chatrooms are available to anyone who wants to share their experiences and seek support from others. Threads include an area for new members, for supporting a problem gambler, recovery diaries, and information about Gamblers Anonymous and Gam-Anon meetings.

Our face-to-face treatment is available in a variety of locations around Great Britain, delivered by GamCare and our network of partner agencies. Our partners are funded to deliver our services, and all agencies receive ongoing training from GamCare to provide free, confidential treatment for anyone affected by problem gambling.

<https://www.gamcare.org.uk/>

## **East Lothian CAPS Independent Advocacy**

CAPS Independent Advocacy provides individual advocacy for people aged 18 to 65 who identify as experiencing a mental health issue, who are affected by drug or alcohol use or are experiencing an eating disorder.

An independent advocacy worker can assist someone to have their views heard and have a stronger voice. Examples of common things people ask CAPS to support them with are:

- Mental Health Tribunals
- Benefits assessments
- Social work meetings

- Speaking to your doctor
- Getting advice when you need it, e.g., citizen's advice or solicitor

CAPS do not give advice or legal representation on someone's situation or act as counsellors or befrienders. CAPS are there to help you explain your point of view and what you want to happen, however, they will not tell you what to do or take anyone else's side except yours.

***How to refer:*** CAPS accept self-referrals and referrals by third parties. The service is appointment only.

Capsadvocacy.org

[Advocate@capsadvocacy.org](mailto:Advocate@capsadvocacy.org)

0131 273 5118

Old Stables,

Eskmills Park,

Musselburgh,

EH21 7PQ

## Peer Connecting – Health in Mind

Black and Minority Ethnic Communities East Lothian

Creative Wellbeing Group (8 weeks)

The group is designed for people over 18 who want to re-discover and reinforce strengths, qualities and talents, find a sense of purpose in life and feel more hopeful for the future.

Topic: Macrame

Do something with passion

Combine creativity and relaxation

Learn macrame to improve your wellbeing, reduce loneliness and connect with others

Reflective group discussion

Promote mental health and wellbeing

Support, encouragement, and valuable tips provided in every step

No special skills required: learn how to do macrame in 8 weeks

Start: Wednesday 10th May 2023

Time: 5pm – 7pm

Volunteer Centre East Lothian,

Tranent

56 High Street

EH33 1HH

For enquiries: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

0131 225 8508

## [Resource Hubs](#)

### [Eastspace](#)

Eastspace is an online space for mental health and wellbeing information in East Lothian. The Eastspace support directory can help you find support available for adults living and/or working in East Lothian. Eastspace is managed by Health in Mind, a Scottish mental health charity that supports people and communities across East Lothian.

To find out more about Health in Mind or Eastspace, email on [eastspace@health-in-mind.org.uk](mailto:eastspace@health-in-mind.org.uk)

Eastspace aim to:

Provide information about local mental health and wellbeing services and support

Provide a platform to promote positive mental health and wellbeing through connecting

Provide resources to support self-help and self-management

[Eastspace | Mental Health and Wellbeing East Lothian](#)

## Information Station

The Information Station is a one stop shop acting as a source of support, information and sign posting. Led by NHS Occupational Therapists, input is drawn from health and social care staff, peer support workers, volunteers and key third sector partners. The Information Station offers:

- Faster self-service access to individuals
- Psychological self-help guides and resources
- Support groups sign posting
- Standardised information on conditions and medication
- Support for carers
- Link with community resources through experts that are very aware of what is out there in different localities or city-wide projects
- No appointment required

The service aims to ensure that people have access to the right support as early as possible.

The Mental Health Information Station is open for walk-in visits at the Walpole Hall every Thursday 10:30am to 3:00pm. Visitors with mental health issues can drop in without an appointment and receive support and guidance on the day from mental health professionals.

Phone line is operated on Thursdays from 9:30am to 3:30pm on 0131 537 8688

Email on [mentalhealthinformation@nhslothian.scot.nhs.uk](mailto:mentalhealthinformation@nhslothian.scot.nhs.uk) at any time with specific queries and a request for a call back

Mental health information resources can be found on [Mental Health Information Resources – Mental Health Information Station \(nhslothian.scot\)](#)

## iThrive Edinburgh

iThrive Edinburgh is managed by Health in Mind. It is an online space for mental health and wellbeing information in Edinburgh. Its self-help section provides information about local mental health and wellbeing services and support. iThrive is a platform suitable for people

experiencing low mood, anxiety and stress, and are looking for self-help activities and ideas. It does not provide advice and is not in any way an alternative to specific advice and support from a mental health professional.

[iThrive | Edinburgh Mental Health and Wellbeing \(ithriveedinburgh.org.uk\)](http://ithriveedinburgh.org.uk)