



Mental Health Information Station

Anxiety Information Resources

Crisis Numbers

Breathing Space Helpline: T: 0800 838587

Edinburgh Crisis Centre: 24h Helpline T: 0800 801 0414

NHS24: T: 111

Samaritans: T: 08457 909090

Local Services

Health in Mind:

W: www.health-in-mind.org.uk/

iThrive:

W: ithriveedinburgh.org.uk/

Health Projects offering anxiety courses and counselling/ 1:1:

Wester Hailes Health Agency:

W: <https://thehealthagency.org.uk/>

Health All Round:

W: www.healthallround.org.uk/

Exercise

Edinburgh Leisure:

W: www.edinburghleisure.co.uk/health-active-minds

Brief Individual Help

1:1: Living Life:

W: www.nhs24.scot/our-services/living-life/

Guided Self-help:

W: <https://ithriveedinburgh.org.uk/services/guided-self-help-health-in-mind/>

Self-help Websites

Living Life to the Full:

W: <https://littf.com/>

NHS Inform:

W: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/anxiety>

Moodgym:

W: <https://moodgym.com.au/>

Stress Control Class:

W: <https://stresscontrol.org/stress-control/>

MIND:

W: www.MIND.org.uk

Self-compassion:

W: <https://self-compassion.org/>

Telephone Apps: <https://www.edinburghhsc.scot/connecthere>