



# Mental Health Information Station

## Depression Information Resources

### Crisis Numbers

**Breathing Space Helpline:** T: 0800 838587

**Edinburgh Crisis Centre: 24h Helpline** T: 0808 8010 414

**NHS24:** T: 111

**Samaritans:** T: 08457 909090

### Local Services

**Health in Mind:**

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

**iThrive:**

W: [ithriveedinburgh.org.uk/](http://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/](http://www.healthallround.org.uk/)

### Exercise

**Edinburgh Leisure:**

W: [www.edinburghleisure.co.uk/health-active-minds](http://www.edinburghleisure.co.uk/health-active-minds)

### Brief Individual Help

**1:1: Living Life:**

W: [www.nhs24.scot/our-services/living-life/](http://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](http://www.MIND.org.uk)

**Self-compassion:**

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

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