

East Lothian Adult Mental Health and Wellbeing - Self-Referral Services



East Lothian Health and Social Care
Partnership
John Muir House, Brewery Park
Haddington EH41 3HA



This document lists services offering adult mental health support and psychological input for East Lothian residents which are accessible via self-referral. This means that anyone seeking support can independently sign up/register their interest by contacting the service.

The majority of listed services accept third-party referrals. Professionals/referrers are advised to contact the organisation if they are unsure.

Further NHS and community services accessible via referral from a health and social care professional, can be found in the **'East Lothian Adult Mental Health Resource List – Services Requiring Referral'**

This document includes services available in Edinburgh which are open to East Lothian residents.

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East Lothian – NHS & Health and Social Care / Council Services				
Service	Description	Who for?	Support Options available	Referral Information
Active East Lothian	Community-led sport and activity. Partnership between Council teams including Sports Development, Active Schools, Outdoor Learning Service and Community Sport Hubs.	Adults (aged 16+)	Online resource to search for local activities, events and volunteering. Community Sports Hubs in Dunbar, Tranent, Haddington, Prestonpans, Musselburgh and North Berwick.	https://www.activeeastlothian.co.uk/
Ageing Well East Lothian	Activities to promote physical and mental wellbeing for older adults in East Lothian.	Older adults living in East Lothian (no strict age criteria).	Walking, Tai Chi, Nordic Walking, Mindfulness, Simple Yoga, Walking Hockey, Buddy Swimming, Senior Movements, New Age Kurling, Tea Dance and so much more. Some activities have attached cost.	https://www.activeeastlothian.co.uk/physical-activity/ageing-well-37 Contact: Parvine Woodger (Ageing Well Coordinator) on pwoodger@eastlothian.gov.uk or 07718 117585
Citizens Advice Bureau (Musselburgh & Haddington)	Independent, impartial and confidential free advice including Welfare and Benefits, Children and Young People, Consumer Advice, Disability, Housing, Legal Advice and Immigration and Employment..	People with practical, financial or legal problems including debt, housing, and employment.	Provide a casework service in the areas of Multiple and Crisis Debt, Health and Wellbeing and In Court Advice Service.	Contacts below to book appointment. Haddington: cab@haddingtoncab.org.uk or 01620 824471 Musselburgh: Contact Us Musselburgh and District Citizens Advice Bureau (musselburghcab.org.uk) or 0131 653 2748
Community Access Team	Community care services for people in East Lothian	For people living with a disability in East Lothian.	Services include care assessments, day care, respite breaks for carers, support for people living at home with/or	Phone: 01875 824 309 Website: https://www.disabilityscot.org.uk/organisation/east-

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<i>(Macmerry, East Lothian)</i>			without family or carers; long-term care in a residential setting, equipment and adaptations to people's homes.	lothian-council-community-access-team/ Email: communityaccess@eastlothian.gov.uk Helpline number: 0800 731 6969 (out of hours)
CWIC (Care When it Counts), Mental Health <i>(East Lothian Community Hospital, Haddington & Musselburgh Primary Care Centre)</i>	Brief mental health interventions and provision of psychoeducational resources; referral and signposting to NHS Adult Mental Health services and community projects.	People in East Lothian aged 17 years and 9 months+	30 min appointments by phone, NearMe, or face-to-face. One-to-one support with mental health nurse or occupational therapist.	https://www.eastlothian.gov.uk/info/210558/social_care_and_health/12677/cwic_east_lothian_mental_health_service Phone 0300 790 6292 to book appointment.
Diabetes Education and Self-Management for Ongoing and Newly Diagnosed (DESMOND) <i>(East Lothian Community Hospital, Haddington)</i>	A 6 hour group education programme to support you if you are newly diagnosed with Type 2 Diabetes (T2D)	Adults newly diagnoses with Type 2 Diabetes	The programme includes: <ul style="list-style-type: none"> • Information on T2D, the causes and impact it has on the body • The chance to share thoughts and feelings around being diagnosed with T2D • Practical healthy lifestyle advice in order to manage your health and help avoid complications • Peer support and the opportunity to share experiences with others 	Self-refer by completing form found here: https://services.nhslothian.scot/awmt2d/diabetes-education-and-self-management-for-ongoing-and-newly-diagnosed-desmond/ Email: loth.desmond@nhslothian.scot.nhs.uk Phone: 0131 537 9169
East Lothian Works	Employment support. Helping people to fulfil their career goals, develop new and existing skills and help grow their businesses in East Lothian. The team provides	Adults in East Lothian	Groups and courses can support individuals to improve confidence when applying for a job; develop interview and CV-writing skills; improve spelling, writing, reading and numeracy skills; build life skills including time	https://www.eastlothian.gov.uk/info/210595/east_lothian_works Call 01620 827262 or email: elworks@eastlothian.gov.uk

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	expert advice on jobs, training, and skills development.		management, budgeting, bills and money.	
Gateway Clinic (Substance Use Service) (East Lothian Community Hospital, Haddington; The Esk Centre, Musselburgh)	Drop-in service offering advice, support and medical/psychological treatments for adults with drug and alcohol problems. Point of referral for ongoing support to promote recovery. Following assessment, individuals can be referred to appropriate service.	Adults with drug and alcohol problems across Midlothian and East Lothian. Families/carers/friends seeking advice.	Services available following assessment include: <ul style="list-style-type: none"> • One-to-one support work • Specialist prescribing • Access to residential rehabilitation • Drug/alcohol counselling, information and advice • Blood Borne Virus screening, immunisation and advice • Psychological interventions • Practical support (housing, financial, employment) 	Individuals can self-refer / drop-in to East Lothian clinic dates & times: <ul style="list-style-type: none"> • <u>Mondays</u>: East Lothian Community Hospital, Haddington 1pm to 4pm • <u>Thursdays</u>: East Lothian Substance Misuse Centre, The Esk Centre, Musselburgh 11am to 4pm
The Haven (The Fraser Centre, Tranent)	Listening, emotional and social support for families of children with mental health problems.	Open to families in the catchment area of Ross High School and/or registered with Tranent Medical Practice.	Whole family support for those with a child experiencing mild-moderate mental health problems.	Email thehaven@elchcharity.org or call 0131 202 9212
Here 4 U	Psychologists offering support and treatment for a range of difficulties to staff	Health and Social Care staff across NHS Lothian, including staff providing	Confidential one-off calls available through helpline: 0131 451 7445.	For more information or to book a call, phone 0131 451 7445 or email Here4U@nhslothian.scot.nhs.uk

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	working in NHS Lothian and social care within the Lothians.	care to others in the community and in residential homes operated by the HSCPs. Not available to students who are eligible for support through their institutional organisation.		
Occupational Therapy Service <i>(East Lothian Community Hospital, Haddington)</i>	Supports people who are struggling to carry out daily activities to live independently in their own home and engage with the community	People of all ages living in East Lothian who are finding it difficult to carry out activities of daily living (cooking, dressing, toileting, bathing etc) in their home or activities in the community due to physical difficulties.	Support initially involves increasing independence through rehabilitation techniques and practicing how to carry out tasks in a different way. It might also include identifying a more suitable layout or simply finding new ways to manage these tasks. Once we have explored these options and if you still require support to carry out tasks we would look at equipment and adaptations to enable independence at home	Call 0300 3690 680 and select option 2 for all requests for Occupational Therapy intervention. More information: https://www.eastlothian.gov.uk/info/210581/disability-and-additional-support-needs/12223/occupational-therapy
Quit Your Way	Free stop smoking support at a variety of locations and are provided by specialist practitioners. Sessions are very informal, and friendly practitioners will discuss the products that can help you	People living in East Lothian looking to stop smoking.	Support usually last for 12 weeks or until you have finished any stop smoking medication and feeling confident staying quit.	For more information and self-referral: https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/13284%201elo1116 Contact: 0131 537 9914

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	quit.			
Wellbeing Resource Hub (Adult Mental Health) <i>(East Lothian Community Hospital, Haddington)</i>	Drop-in information-giving service to find out about mental health and wellbeing resources available within the NHS and community in East Lothian.	Any adult interested in learning about available resources to support their own, or another's mental health. Open to the public and professionals.	Representatives from Changes, Penumbra Community Link Work, Psychological Therapies, Citizens Advice Bureau and East Lothian Works. Service offer includes: <ul style="list-style-type: none"> • Supporting access to online digital therapy • Supporting self-referrals to community/third-sector services (e.g. Changes). • Signposting to support groups and social activities • Linking with community resources in East Lothian • Signposting to employment, financial and practical support 	Find us at the entrance foyer of East Lothian Community Hospital, Hospital Road, Haddington, EH41 3PF. We run every Wednesday from 12-2pm For any further enquiries, including interest in co-facilitating our hub, please do not hesitate to contact Loth.AMHEastDropIn@nhslothian.scot.nhs.uk .

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Digital Therapy Interventions

Service	Support options available	Who for?	Additional Information	Referral Information
Silvercloud (Wellbeing support)	Self-help psychoeducational modules to support management of general wellbeing.	Any adult looking for ways to improve their mental health and wellbeing. Additional modules cater to student population.	Modules are Covid, Resilience, Stress, Sleep, Money Worries, Body Image; Supporting an Anxious Teen; Supporting an Anxious Child	https://wellbeing.silvercloudhealth.com/signup/nhs/scotland/ ACCESS CODE: Scotland2020
Daylight	Therapeutic app for worry and anxiety management	Anyone over 18; recommended for adults struggling with worry and anxiety	Instantaneous access to CBT techniques and strategies. Accessed through smart-phone or computer	Daylight (trydaylight.com)
Sleepio	Therapeutic app for poor sleep and insomnia management	Adults 18+ struggling with sleep	Six week self-directed sleep hygiene and retraining programme. Accessed through smart-phone or tablet	Onboarding Sleep Test - Sleepio
LIFE...! And How to Survive it	YouTube series offering guidance and support to manage common mental health difficulties	Recommended for adults experiencing any mental health or wellbeing challenges	9 playlists, each discussing aspects of life, stress and overcoming difficult times. Created by Psychological Therapy Service East Lothian. A series of short videos that can be accessed in no particular order.	ELPsychTherapy - YouTube

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East Lothian Third-Sector Organisations				
Service	Description	Who for?	Support options available	Referral Information (including drop-in)
Alcoholics Anonymous	Supporting recovery and continued sobriety of people with alcohol problems	Anyone willing to address a problematic relationship with alcohol	See website for full list of groups running in Haddington, Musselburgh, Tranent, Prestonpans and Dunbar.	https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/East%20Lothian
Anam Cara <i>(Haddington)</i>	Supporting women whose aim is to improve their emotional wellbeing. The team use a lived experience approach.	Adult woman in experiencing stress, anxiety, depression or low self-worth, substance-use, or self-harm. Those willing for change and in stable place to commit. Open to all women living in East Lothian.	Workshops support participants to embark on their own individual journey to a better and more confident version of themselves. Workshops run in Haddington (but can also be attended online).	Registration form: https://www.anamcara.scot/copy-of-our-criteria For referral enquires contact Julie Surgeon 07551 406 942 Julie@anamcara.scot
Andy's Man Club <i>(North Berwick, Prestonpans, and Dunbar)</i>	Men's suicide prevention charity, offering weekly peer-to-peer support groups for men. Their aim is to reduce stigma surrounding men's mental health and help men through the power of	Men 18+ living in the UK.	Groups usually run on Mondays at 7pm (except bank holidays). East Lothian groups in North Berwick, Prestonpans, and Dunbar.	Drop-in without booking. Find nearest group here: https://andysmanclub.co.uk/find-your-nearest-group/ Contact: info@andysmanclub.co.uk

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	conversation.			
Carers of East Lothian <i>(East Lothian Community Hospital, Haddington)</i>	Information and services to support individuals in a caring role, to enhance wellbeing, and strengthen their collective voice to improve services.	All adults in a caring situation. 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: <ul style="list-style-type: none"> • Practical, social and care-planning support • Counselling for carers • Advocacy • Mindfulness Group for carers • Men's group • Choir. 	https://coel.org.uk/contact-us/online-referral-form/ Contact: Claire@coel.org.uk ; 07760760044
Changes, East Lothian <i>(Musselburgh)</i>	Supporting mental health and wellbeing of East Lothian community. Short-term counselling therapy, therapeutic groups, support groups, and Wellbeing/social activities.	16+ living in East Lothian	Therapeutic groups include Compassion-Focussed Therapy and Building Self-Esteem. Support Groups are First Steps to Positive Mental Health; Men's Peer Support; Mindfulness; and Understanding and Managing Anxiety. Wellbeing/Social activities include Befriending scheme; Buddy Walks; Relaxation Workshop; Wellbeing in Nature project; and a range of other social/group activities.	https://www.changeschp.org.uk/note-your-interest/
Circle (Supporting families in Scotland) <i>(Fisherrow Centre, Musselburgh)</i>	Works with families facing multiple disadvantages of structural inequality, poverty, drug and alcohol use, imprisonment, physical and mental health, trauma, abuse, and loss. All one to one and group work	Families living in East Lothian	Projects based in East Lothian are Whole Family Support Services; Pregnancy Support for mothers affected by substance use during pregnancy. Grow your own Route project for young people aged 12-26 affected by	https://circle.scot/about-us/ Contact: Angela Gentile (Project Manager) on 07775 409302 or Info@circle.scot for enquiries.

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	offered on an outreach basis, voluntary and free.		family substance use. Family peer support worker with lived experience for any adult family member affected by a loved one's substance use.	
Dads Work <i>(Prestonpans)</i>	Community project working with fathers and male care givers. Provides support, positive parenting classes, workshops on the role of fathers, home visits, trips and outings for fathers and their children.	Fathers and male caregivers in East Lothian	Services include weekly drop-in support group; counselling; 1-1 Support Service; Dads 2 B (4-week course to support expectant fathers by building self-esteem and confidence); Musselburgh Men's Shed; Family Activity programmes.	http://www.dadswork.co.uk/contact-us/ Contact: 01875 898 283 or dadswork@hotmail.co.uk
Dunbar Debt Advice Service <i>(Dunbar)</i>	Help with free, confidential and impartial advice about money worries	Anyone with worries about their finances.		Phone: 01368 238028 Text: 07741 905 799 Email: dunbardas@salvationarmy.org.uk
East Lothian CAPS Independent Advocacy <i>(Musselburgh)</i>	Individual advocacy, assisting individuals to have their views heard.	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.	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.	https://capsadvocacy.org/collective-advocacy/collective-advocacy-east-lothian-and-midlothian/ Contact: 0131 273 5118 or Advocate@capsadvocacy.org

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<p>East Lothian Sexual Abuse Service (ELSAS)</p>	<p>Free and confidential counselling to survivors of who have experienced rape, sexual assault, sexual abuse or any form of sexual violence</p>	<p>Women, all members of the trans community and non-binary people aged 18 and over who live in East Lothian. Survivors may have experienced recent or historic abuse and harm.</p> <p>Family, friends and partners of survivors of rape and sexual violence.</p>	<p>Part of Edinburgh Rape Crisis Centre. Up to six 50 minute 'here and now' support sessions with counsellor. Further block of counselling (up to 16 sessions) available following waiting time.</p>	<p>https://www.ercc.scot/east-lothian-sexual-abuse-service-elsas/</p> <p>Referrals can be made to elsas@ercc.scot</p>
<p>Edge Group Scotland <i>(Musselburgh)</i></p>	<p>Holistic, person-centred support for young, autistic and Additional Support Needs adults, transitioning into adulthood.</p>	<p>Young adults (18-35) with autism and/or additional support needs in Lothian</p>	<ul style="list-style-type: none"> • One-to-one person-centred support • Supported respite adventure breaks • Supported Day services 	<p>Referral form and eligibility criteria: https://www.edgeautism.com/referral-eligibility</p>
<p>Fair Start Scotland <i>(East Lothian)</i></p>	<p>Employment support service.</p>	<p>Adults seeking employment.</p>	<p>One-to-one advisor support involves:</p> <ul style="list-style-type: none"> • Identifying what your job goals and career aspirations are • Improving employability skills • Identifying any specialist provisions needs including ICT 	<p>https://www.startscotland.scot/contact-us</p> <p>Contact: 0800 049 7061</p>

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			<p>skills, literacy and numeracy</p> <ul style="list-style-type: none"> • Improving health and wellbeing • finding a job to meet your needs whether this is working for a company or self-employment route 	
<p>First Step Community Project</p> <p><i>(Musselburgh)</i></p>	<p>Low-cost support providing opportunities for local families with young children to make positive choices in their lives by providing supportive centre-based and outreach activities which encourage parents and children to develop their self-esteem, confidence and skills.</p>	<p>Families with young children</p>	<p>Support includes:</p> <ul style="list-style-type: none"> • Parenting support, individually and in groups • Nursery provision for children aged 1 - 4 and funded eligible two year olds • Funded places for 3 and 4 year olds • Groups and courses for parents • Outreach and family support • Counselling • Dedicated support for young parents • A grandparents group • A dedicated family room 	<p>https://www.firststepmusselburgh.co.uk/home</p>
<p>Headway</p> <p><i>(Haddington, Dunbar, and Port Seton)</i></p>	<p>Group supporting people living with brain injury. Activities to improve confidence and self-esteem; learning skills and information to help self-manage condition</p>	<p>People living with acquired brain injury as well as family and carers.</p>	<p>Three groups running in Haddington, Dunbar, and Port Seton.</p>	<p>https://headway-eastlothian.org.uk/contact/</p> <p>Contact: 07895 193974</p> <p>headwayeastlothian@live.co.uk</p>
<p>Homestart</p>	<p>Promoting the welfare of families with at least one</p>	<p>Families with at least one child under five</p>	<p>Website is updated to promote upcoming groups and activities:</p>	<p>Contact: admin@homestarteastlothian.co.uk;</p>

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<i>(Tranent)</i>	child under five years of age. Hold regular support groups and courses offering opportunity for both children and families to socialise.	years of age living in East Lothian.	https://homestarteastlothian.co.uk/get-support/#support_about	01875616066
Improving Cancer Journey (Macmillan)	Tailored information and support for anyone affected by cancer.	Anyone 16+ at any point affected by cancer, at any point on their journey (including family and carer)	Support includes cancer information materials; money or housing; work; caring responsibilities; physical concerns; emotional concerns	Lothian Improving the Cancer Journey – East Lothian - Macmillan Cancer - Macmillan Cancer Support Contact: 0131 537 1500 or email loth.icj@nhslothian.scot.nhs.uk *Professionals referral form: https://apps.nhslothian.scot/refhelp/guidelines/oncology/improvingthecancerjourney/
Keep the Heid <i>(Haddington, Tranent, North Berwick)</i>	A Mental Health café - informal but structured discussion group for people living with mental health problems	Anyone 16+ who identifies as having issues with their mental health is welcome	<ul style="list-style-type: none"> • Tuesdays, 7pm to 9pm, Fraser Centre, Tranent • Thursday, 7pm to 9pm, The Hope Rooms, 34 Hope Street North Berwick • Fridays, 7pm to 9pm, Trinity Centre, Haddington 	Any queries can be emailed to KeepTheHeidCafe@gmail.com or 07548136575.
Living Well, East Lothian <i>(Haddington)</i>	Gentle movement and exercise classes for those living with or recovering from chronic long-term conditions or events, or even for those just wishing to improve general stability	Adults in East Lothian living with or recovering from chronic long-term conditions or events, or even for those just wishing to improve	Events held throughout East Lothian. Offered both online and face-to-face classes.	Visit website to complete membership form: https://www.livewelleastlothian.org/ Contact: livewell@bslm.org.uk ; 01224 036560

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	and fitness whilst increasing social connectedness	general stability and fitness		
Men's Shed Association <i>(Dunbar; North Berwick; Macmerry; Tranent*; Musselburgh)</i>	Space to pursue practical interests at leisure, to practice skills and enjoy making and mending. Sheds are about social connections and friendship building, sharing skills and knowledge, and laughter.	Adult men living in the UK. Mostly a space for men, with some Shed's inviting women. Contact local Shed for more information.	Dunbar; North Berwick; Macmerry; Tranent*; Musselburgh. *Men and Women's Shed	<i>Dunbar Community Shed</i> - Contact: Mark Coull Email: mark@strive.me.uk ; Tel: 07912 947 687 or 01875 615423 <i>North Berwick Men's Shed</i> – Contact: Paul Duffney; Tel: 07906 341124 <i>Macmerry Men's Shed</i> – Contact: David Dickson; Tel: 01875613501 or 07713276568 <i>Musselburgh Men's Shed</i> – Contact: Mark Coull: Email: mark@strive.me.uk ; Tel: 07912 947 687 or 01875 615423
Move More East Lothian <i>(Musselburgh)</i>	Supporting people with cancer to stay more physically active. Trained exercise instructors and volunteers offer a range of activities designed for people with cancer.	Adults in East Lothian living with cancer	Support includes gym/circuits-based classes; gentle movement classes (Tai Chi / Qigong fusion with meditation); health and wellbeing walks; gardening groups.	https://www.activeeastlothian.co.uk/physical-activity/move-more-east-lothian-95 Contact: 0131 653 5264; 07929 015087 or movemore@enjoyleisure.com *NHS/Healthcare professionals: loth.exercisereferral@nhslothian.scot.nhs.uk
Narcotics Anonymous <i>(Musselburgh)</i>	Community of people who support each other to achieve and maintain a drug free life.	Adults with desire to stop using drugs.	Tuesday Honest Toun Meeting 6.30 - 7.45pm in Musselburgh Online meetings both daily and weekly	https://www.edinburghandlothiansna.com/online-meetings Drop-in: The Fisherrow Centre,

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			for people living across Lothians.	South Street, Musselburgh, EH21 6A
Neighbourhood Networks <i>(Haddington, Musselburgh, Dunbar & Tranent)</i>	Supporting 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	Vulnerable adults mainly with learning disabilities, physical disabilities and mental health issues	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.	https://www.neighbourhoodnetworks.org/resources/ Contact: 0141 440 1005 or info@neighbourhoodnetworks.org
Our Community Kitchen <i>(Haddington)</i>	Our community kitchen exists to reduce social isolation across for people of all ages and abilities by bringing people together to eat good hearty homemade food and allowing for friendships to form.	People of all ages living in Haddington and Lammermuir.		Contact elaine@ourcommunitykitchen.org.uk for more information. https://en-gb.facebook.com/ourcommunitykitcheneastlothian/
PANDAS Foundation	Perinatal Support Group for parents who are struggling with their	Parents struggling with perinatal mental	Led by a trained group manager with lived experience, support groups offer a safe space for parents and their	https://pandasfoundation.org.uk/

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<i>(Prestonpans)</i>	mental health.	illness	baby, with the opportunity to meet other parents, and chat, listen and share experiences.	Contact: eastlothianpandas@gmail.com
The Ridge Support and Employability <i>(Dunbar & East Linton)</i>	Support for individuals experiencing challenges including mental health difficulties, housing, welfare, employment and volunteering. Long-term, structured support available.	18+ in Dunbar and East Linton Area, including Stenton, Spott, and Innerwick	Services include 'Cooking for Life' class; drop-in social café; individual peer support work; crisis drop-ins; the Larder (emergency food provision; Social Security Scotland; Befriending Service; Music & Art groups; Outdoor/Nature sessions.	https://the-ridge.org.uk/
Women's Aid <i>(Macmerry, Tranent)</i>	Support, information, advocacy and temporary accommodation.	All women (including transwomen), children and young people who have been subjected to domestic abuse.	Confidential support and advice; action planning to promote safety of families; providing temporary accommodation.	https://womensaideml.org/ Contact: 0131 561 5800 (Woman's support line; Mon-fri, 9am-4pm) or info@womensaideml.org . Support sessions available by appointment only. Appointments available at support office in Macmerry, Tranent, or in safe place in community.

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Edinburgh-based Services (NHS, Health & Social Care, Third-Sector)				
Service	Support options available	Who for?	Additional Information	Referral Information (including drop-in)
Abused Men in Scotland (AMIS)	Confidential helpline; online resource	Men in Scotland who have experience domestic abuse		https://abusedmeninScotland.org/ Contact: 03300 949 395 or support@amis.org.uk
ADHD Brains Meet	Monthly informal peer-support meet-up group for people living with ADHD, as well as friends and family	ADHD diagnosed, undiagnosed, sub-clinical, as well as friends and family.	A place to meet, to listen and to talk, to share information and support. To bring the ADHD community together.	Meet monthly, on a Thursday at 6pm in Gorgie War Memorial Hall. Sign up here: https://www.meetup.com/adhd-brains-edinburgh/
Adult Weight Management and Type 2 Diabetes Prevention Service (NHS Lothian)	Specialist service supporting people to lead a healthy lifestyle, to manage weight and improve health	Individuals hoping to manage their weight and/or at risk of or living with type 2 diabetes.	Package of support includes specialist assessment, lifestyle intervention programmes, emotional wellbeing and signposting to self-help resources or other community services.	You can refer yourself directly to our service or speak to a health care professional. The team will then work with you to identify which weight management or type 2 diabetes programme is best suited to your needs. Email: weight.management@nhslothian.scot.nhs.uk Phone: 0131 537 9169
Al-Anon	Support group for anyone whose life is or has been affected by someone else's drinking.	Anyone whose life is or has been affected by someone else's alcohol problem.	Al-Anon is not a therapy group. They do not offer counselling or advice or try to explain your experiences.	Several in-person meet-ups across Edinburgh. Find nearest group here: https://al-anonuk.org.uk/getting-help/find-a-meeting/ . Online meetings available too. Helpline: 0800 0086 811
Cruse Scotland -	Bereavement counselling,	Adults experiencing	Early support in first six months;	https://www.crusescotland.org.uk/how-can-we-

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Bereavement Support	listening services, information, advice and training	bereavement	counselling; support groups; helpline; online webchat with counsellor	help/bereavement-support-for-adults/ Contact: 0808 802 6161 (helpline); support@crusescotland.org.uk
Held in Our Hearts	Specialist baby bereavement service offering counselling, peer support and support groups.	Families who have experienced loss of a baby.		Referral via info@heldinourhearts.org.uk or 01316226263. https://heldinourhearts.org.uk/counselling/
Juno Perinatal Mental Health Support	Perinatal mental health peer support	Mums and Mums to be whose main presenting issue and/or primary diagnosis is a perinatal mental health issue	Online Peer Support Group – weekly Zoom group every Monday from 8-9pm.	http://www.juno.uk.com/ Contact: juno.enquiries@gmail.com
LGBT Health and Wellbeing	Support services and social programmes to improve the physical, social, and mental health and wellbeing of LGBTQ+ adults.	The LGBT+ community (aged 16+) including non-binary, queer, intersex, asexual people and all identities under the LGBTQIA+ umbrella, living in Scotland.	<ul style="list-style-type: none"> • Counselling (up to 11 sessions) • Trans Support Service' – support whilst on waiting list to transition. • Social events/meet-ups 	https://www.lgbthealth.org.uk/ Self-referral to counselling: https://www.lgbthealth.org.uk/services-support/mental-health/counselling/ Helpline: 0800 464 7000
Maggies	Support and information for people diagnosed with	Anyone with cancer and their family and	Courses, workshops and support groups; emotional and psychological	https://www.maggies.org/our-centres/maggies-

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	cancer	friends, whatever kind of cancer, and whatever stage they're at.	support; 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; chance to connect with others. Staff include Support Specialists, Psychologists and Benefits Advisors	edinburgh/ Contact: 0131 537 3131 or Edinburgh@maggies.org No appointment required. Just drop-in to Maggie's Edinburgh, The Stables, Western General Hospital, Crewe Road, Edinburgh
Narcotics Anonymous	Community of people who support each other to achieve and maintain a drug free life.	Adults with desire to stop using drugs.	Visit website for full range of groups	https://www.edinburghandlothiansna.com/online-meetings
Number 6	Social opportunities and 1-1 and group support for adults with autism.	16+ formally diagnosed with autism; no additional learning disability	For autism diagnostic services, clients must be referred by their NHS mental health team. Facilitate a late-diagnostic group.	https://www.number6.org.uk/ Contact: number6@aiscotland.org.uk
Positive Help	Free practical help to those affected by HIV and Hepatitis C. Staff and volunteers work alongside service users to enable them to access treatment and support	People affected by HIV and Hepatitis C.	Services include medication delivery; food parcels; befriending; home support; escorted shopping; family support.	Telephone: 0131 225 4766 Text: 0758 295 8753 Email: admin@positivehelpedinburgh.co.uk https://www.positivehelpedinburgh.co.uk/

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Thistle	Supports people with disabilities, long-term conditions or facing challenging life situations to live well, with one-to-one work, wellbeing courses, community groups and physical activity.	People living with disabilities, long-term conditions or facing challenging life situations	Health and wellbeing support; Supported living; support for young people with disabilities moving from school to adult life; Volunteer training; Gym classes; Mindfulness; Lifestyle Management Courses; Veterans Wellbeing support	https://www.thistle.org.uk/contact-us Contact: Supported Living enquiries - supportedliving@thistle.org.uk ; General Enquiries -info@thistle.org.uk or 0131 661 3366
Scottish ADHD Coalition	ADHD Meet Up Group (informal peer support)	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	https://www.facebook.com/EdinburghADHD/
Scottish Acquired Brain Injury Network	Online resource to find services for people living with brain injuries.	People living with brain injuries.		Services in Lothian: https://www.sabin.scot.nhs.uk/about-sabin/local-nhs-services/nhs-lothian/ Contact Information: https://www.sabin.scot.nhs.uk/contact-us/
Scottish Refugee Council	Information and advice for refugees living in Scotland	Refugees living in Scotland	Information and signposting to local support, friends, information and advice.	Find local support: https://scottishrefugeecouncil.org.uk/x
Survivors Of Bereavement by Suicide (SOBS)	Support and advice for people bereaved by suicide	Adults bereaved by suicide	Online zoom meetings on the last Thursday of the month and face-to-face group meetings in Edinburgh on the 2nd Tuesday of each month.	http://uksobs.org Contact: edinburgh@uksobs.org ; 07538 719 993

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<p>Veteran's First Point</p>	<p>Supporting Veteran's mental health and wellbeing through</p>	<p>Current/past veterans experiencing mental health problems</p>	<p>Peer support for management of welfare issues, psychology and psychiatry assessment and treatment; social activities.</p> <p>Drop-in centre on Wednesdays and Thursdays.</p>	<p>https://www.veteransfirstpoint.org.uk/drop-center/lothian</p> <p>Contact: 0131 220 9920; Veterans.Enquiries@nhslothian.scot.nhs.uk</p> <p>Drop in: V1P Lothian, Erskine, 468 Gilmerton Road, First Floor, Rothesay Wing, Edinburgh, EH17 7SA</p>
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