

SOCIALCARE DIRECT

To get advice or refer someone who may need help due to illness, frailty, disability or concerns about the safety of an adult or child at risk of harm.

Main contact: 0131 200 2324

Out of hours emergency service: 0800 731 6969

Child protection concerns:-

Child protection at RHSC Monday – Friday 0131 536 0467

Out of hours 0131 536 0000 for paediatrician on call

NAVIGATOR

A service based in the Emergency Department of the Royal Infirmary, Edinburgh to support individuals away from violence.

Navigators will support individuals coming through the Emergency Department with a background of being a perpetrator or victim of violence and / or with a chaotic lifestyle, to look at lifestyle changes and assist to access community supports.

CONTACT

Tam Begbie – 07402 277 750

Janice Sinclair-07365260719.

Catherine Moar. Lead Alcohol Liaison Nurse.NRIE Tel; 0131 242 1396. (Updated 1/2/19).

COMMUNITY CONTACTS EDINBURGH AND LoTHIANS DRUG AND ALCOHOL SERVICES

The Recovery Hubs are one – stop shops which offer a full range of drug and alcohol treatment and support services. Each is run by a team made up of staff from the voluntary sector, NHS and social work seeing people from a different area of the city.

The easiest way for most people to start to get support from their local Recovery Hub team is to come to a drop-in sessions. At the Drop-in, the worker will listen, give advice and options, agree a plan and organise the first step of the plan.

All Drop-ins operate a “no wrong door” approach so people can come to any of them regardless of where they live in the city.

People who cannot come to a Drop-in for any reason, or who want more information should contact the hub by phone (see numbers overleaf).

Hub services are confidential and the team will only share information where they are very concerned that a vulnerable person is being harmed. They offer a choice of male or female workers wherever possible.

EDINBURGH DRUG & ALCOHOL RECOVERY HUB DROP-INS

NORTH EAST EDINBURGH

Tel; 0131 554 7516

LEITH

North East Recovery Hub, 5 Links Place, Edinburgh, EH6 7EZ

Monday	Tuesday	Wednesday	Thursday	Friday
1pm - 4pm	9-11. 4-7pm	1pm – 4pm	1p.m. – 4pm	1pm – 3pm

CRAIGMILLAR

East Neighbourhood Centre, 101 Niddrie Mains Road, Edinburgh, EH16 4DS

Monday	Tuesday	Wednesday	Thursday	Friday
1pm - 4pm			1pm – 4pm	

Peer Support Drop In- Monday, Wednesday and Friday 13.30-14.30pm

NORTH WEST EDINBURGH Tel; CGL 0131 469 5044 / NHS 0131 315 2121

MUIRHOUSE

North West Recovery Hub, North Neighbourhood Office, 8 West Pilton Gardens, Edinburgh, EH4 4DP

Monday	Tuesday	Wednesday	Thursday	Friday
1pm – 4pm	1pm – 4pm	1pm – 4pm	1pm – 4pm	

SOUTH QUEENSFERRY

**South Queensferry Medical Practice, 41 The Loan, Edinburgh. EH30 9HA.
Friday 1-12pm.**

Rannoch Centre 6 Rannoch Terrace EH4 7ES. Wed 1-4p.m.

SOUTH WEST EDINBURGH Tel: CGL 0131 453 9406 / NHS 0131 453 9448

WESTERHAILES

Westerhailes Healthy Living Centre, 32 Harvester's Way, Edinburgh, EH14 3JF

Monday	Tuesday	Wednesday	Thursday	Friday
	1pm – 4pm	1pm – 4pm	1pm – 4pm	1pm-4pm

BETHANY CHRISTIAN CENTRE

6 Casselbank Street

Edinburgh

EH6 5HA

0131 454 3125

info@bethanychristiantrust.com

1. Winter care shelters for rough sleepers 0131 561 8930(day) 07919557673 (night)
2. Supported residential accommodation with access to recovery programmes, for men age 17-70 years with a desire to make positive changes to their lifestyle.

Other services include emergency resettlement unit, care van, visiting support and drop ins. (0131 454 3125)

PHOENIX SERVICE

Service offering support and help for Polish families

Contact at info@pfsc.co.uk

Tel; 0131 281 0429.

19 Smiths Place, Edinburgh. EH6 8NU.

HOMELESSNESS

Access Point, 17-23 Leith Street, Edinburgh, EH1 3AT, 0131 529 7438

Housing and social work services for people at risk of or are homeless

Edinburgh Access Practice
23 Leith Street
Edinburgh
EH1 3AT
0131 240 2810

Edinburgh Access Practice
22 – 24 Spittal Street
Edinburgh
EH3 9DU

Confidential health care service for people who are having trouble registering with a GP because they are in temporary accommodation or have additional support needs that may be because of drug/alcohol problems.

GP and nurses surgeries Occupational Therapist. Dental and podiatry clinics. Interpreter & Translation Services. Midwife/health visitor. Hepatitis C Clinic. Mental health and substance misuse. Psychology

HOUSING OPTIONS TEAM

For advice on housing options - 0131 529 7368 and 0800 032 5968 (out of hours)

CROSSREACH SERVICES

Church of Scotland
0131 225 4901
rankeillor@crossreach.org.uk

Anchor Project; Supported accommodation for men in recovery from drug and alcohol misuse, in shared flats across central Edinburgh.

SOUTH EAST EDINBURGH Tel; CGL 0131 661 5294

SPITTAL STREET

Spittal Street Centre, 22-24 Spittal Street, Edinburgh, EH3 9DU 0131 537 8300

Monday	Tuesday	Wednesday	Thursday	Friday
		9am – 12pm		

LIBERTON/GILMERTON

South Neighbourhood Office, 40 Captain's Road, Edinburgh, EH17 8QF

Monday	Tuesday	Wednesday	Thursday	Friday
1pm-4pm	1pm – 4pm		1pm – 4pm	

CITY CENTRE EVENING DROP INS

FOR PEOPLE FROM NORTH WEST, SOUTH WEST AND SOUTH EAST

Change, Grow, Live (CGL)

62 Broughton Street, Edinburgh, Eh1 3SA Tel; 0131 557 5273.

Monday	Tuesday	Wednesday	Thursday	Friday
4pm – 7pm			4pm – 7pm	

Health All Round.

Provides a range of services focusing on physical, social and emotional well being. Also offer counselling in English and Polish. Their Polish and English speaking Link Worker provides one to one support to help Polish people, who experience communication problems, in accessing local services. Service provided city wide.

Contact Anna Rogus-Keay on 0131 337 1376 or 07494679674.
Email; linkworker@healthallround.org.uk

MID AND EAST LoTHIAN GATEWAY TO RECOVERY CLINICS

Drop in clinic run Monday to Friday
Roodlands Hospital
Hospital Road
Haddington EH41 3PF
01620 642 629.

MONDAY 10am – 1pm

Glenesk Centre
1/5 Duke Street
Dalkeith EH22 1BG
0131 660 6822

TUESDAY 11am – 4pm

MELD drop in Wednesday 1-5pm.
Dunbar MC, 8 Queens Road. EH42 1LA.
Tel: 01368863226.

The Esk Centre
Ladywell Way
Musselburgh EH21 6AB
0131 446 4853

THURSDAY 11am – 4pm

Eastfield Health Centre
Loganlea Centre
Eastfield Farm Road
Penicuik EH26 8EZ
01968 675576

FRIDAY 9.30am – 12.30pm

CARERS SUPPORT

VOCAL

Voice of Carers Across Lothian
60 Leith Walk. EH6 5HB.
0131 622 6666

Support and information for families and carers affected by someone else's drug or alcohol misuse. Workers are also based in locations in all sectors in Edinburgh. Please call for information.

AL ANON

Confidential helpline
0207 403 0888
To help and support families and friends of problem drinkers

EDINBURGH CARERS SUPPORT TEAM

0131 536 3371
Carer.support@luht.scot.nhs.uk

For people over 12 yrs who look after a relative, partner, friend or neighbour to help access support, services, information, etc.

EDINBURGH YOUNG CARERS PROJECT

Norton Park
57 Albion Road
Edinburgh
EH7 5QY
0131 475 2322

info@youngcarers.org.uk

ORGANISATIONS FOR YOUNG PEOPLE

THE JUNCTION
82-86 Great Junction Street
Edinburgh EH6 5LJ
0131 553 0570
info@the-junction.org

Services include sexual health, 1:1 counselling, alcohol support, complementary therapies.

PILTON YOUTH AND CHILDRENS PROJECT
The Greenhouse
33 West Pilton Brae
Edinburgh EH4 4BH
0131 332 9815
www.pycp.co.uk

Services for children ages 5-18 yrs including 1:1 and group based support, emotional and social development, open access provision, planned activities.

GRANTON YOUTH CENTRE
3-11 West Granton Road
Edinburgh EH5 1HG
0131 467 5854
info@granton youth.com

Community based support for 12-25 yr olds. Offering age/gender specific groups to develop skills, confidence and self esteem. Counselling, employability work, volunteering and peer education.

Also have a street work service to engage with young people who may be engaging in street drinking.

MUIRHOUSE YOUTH DEVELOPMENT GROUP
67 Pennywell Road(inside Craigoyston School)
Edinburgh EH4 4NL
0131 332 3356
joanne@mydg.org.uk

A community organisation to improve lives of young people age 8-25 years in an area of social exclusion. They offer sports and outdoor activities, issue based work, drop in, groups for girls, volunteering courses, training and residential options

WEST LOTHIAN ADDICTIONS CARE PARTNERSHIP

Breakaway Recovery Clinics

Bathgate Primary Care Centre Whitburn Road Bathgate West Lothian EH48 2SS 01506 630 771	Monday 9.30am – 11.30am
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Strathbrock Partnership Centre 189A West Main Street Broxburn EH52 5LH 01506 771 871	Tuesday 1.30pm – 3.30pm
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Linlithgow Health Centre 288 High Street Linlithgow EH49 7ER 01506 670 027	Tuesday 2.00pm – 4.00pm
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Howden Health Centre Howden Road West Livingston EH54 6TP 01506 423 800	Wednesday 1.00pm – 3.00pm
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OPD5 St John's Hospital Howden Livingston EH54 6PP 01506 523 000	Thursday 5.30pm – 7.30pm
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Whitburn Health Centre 1 Weavers Lane Whitburn EH47 0SD 01501 740 297	Friday 09.30am – 11.30am
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THE WILLOW

2nd Floor/Lauriston Building
Lauriston Place
Edinburgh
EH3 9EN
0131 536 3501

The Willow project works with women involved in, or at risk of, offending. It is a safe place to explore life experiences, the reason for offending and to work towards making positive changes

Patients can be referred by Professional or self referral

ELCA (Edinburgh & Lothian Council for Alcohol)

91 Rose Street
Edinburgh
EH2 3DT
(between Castle Street & Rose Street)
0131 337 8188

ELCA@BTCONNECT.COM

Voluntary sector organisation providing 1:1 counselling and support, advice and information for people worried about their own or someone else's drinking. They accept referrals from professionals as well as self referrals

Drop in Service.

Monday	2.00pm – 4.00pm (women only)
Wednesday	3.00pm – 6.00pm
Saturday	10.00am – 1.00pm

Sessions:

- People will normally be seen on a first come, first served basis
- A session will normally last for approximately 30 minutes.

When and where does the service happen?

Loganlea Centre,
Eastfield Medical Centre, Eastfield Farm Road,
Penicuik, EH26 8EZ
Mondays - 9.30am to 11.30am

Midlothian Community Hospital,
70 Eskbank Road, Bonnyrigg,
Dalkeith, EH22 3ND
Wednesdays - 1pm to 3pm

This service is delivered by Health in Mind, NHS Lothian and Midlothian Council

Health in Mind is a charity registered in Scotland no SC004128 and a company limited by guarantee registered in Scotland no SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.

Midlothian Wellbeing Access Point
Guiding you to support your wellbeing
www.health-in-mind.org.uk

What is the Midlothian Wellbeing Access Point?

It can be hard to know what groups and services are available in the local area and how to get the support you need.

The Access Point is all about guiding you to access the support you need to increase your mental wellbeing—reducing low mood and your feelings of stress; increasing your confidence and self-esteem. The Access Point is not a crisis or emergency service.

How can the Access Point help you?

It can help through supporting you to:

- Understand more about why you feel unwell
- Find out what's going on in your local community—groups, activities and services
- Access the support that will work best for you.

Who can access and use the service?

If you are:

- An adult living within Midlothian (18-65 years old)
- Registered with a Midlothian GP practice
- You don't need to make an appointment or be referred to access the service, so come along and find out how the Access Point can help you.

Confidentiality

- The access point is a confidential service and all personal information is held under strict legal and ethical rules.

What happens when you go along to the Access Point?

Meeting one of the team:

You'll be seen in a private space by either a Nurse Therapist, who is trained in providing talking therapies, or the Access Point worker who specialises in providing community based support. They can help you to decide what support will work best for you.

LEAP (LOTHIAN AND EDINBURGH ABSTINENCE PROGRAMME)

Woodlands House
Astley Ainslie Hospital
74 Canaan Lane
Edinburgh
EH9 2TB
0131 446 4400

Leap.programme@nhslothian.scot.nhs.uk

A three month, day programme including group work, workshops, education, training, recreation and relaxation. For people, wishing to move on from addiction or maintenance treatments.

Professional referral required prior to being assessed for motivation for the programme.

A two year after care support plan is offered and extra support groups if needed.

In order to access in patient detox - assessment via recovery hub in first instance

Written referrals to the SMD should be sent to:-
Substance Misuse Directorate, 22-24 Spittal Street, Edinburgh, EH3
9DU 0131 537 8345

TRANSITION

156 Cowgate
Edinburgh
EH1 1RP
0131 260 9721

www.accesstoindustry.co.uk

Supporting people in their recovery from substance misuse.

1:1 professional mentoring

Opportunity to gain skills

A chance to achieve qualifications and work experience

Support to get a job/college place

Continued support to keep your job/college place

HEALTH IN MIND

40 Shandwick Place
Edinburgh
EH2 4RT
0131 225 8508

contactus@health-in-mind.org.uk

Range of services including support, accommodation and respite service, befriending, counselling (including trauma counselling for survivors of childhood sexual abuse). Information services, support for BME communities, South Edinburgh Healthy Living Initiative.

MENTAL HEALTH

MENTAL HEALTH ASSESSMENT SERVICE

Based at Royal Edinburgh Hospital and Royal Infirmary, Emergency Department, 24hr service for mental health assessment - 0131 537 6000

EDINBURGH CRISIS CENTRE

Free phone 0808 801 0414
crisis@edinburghcrisiscentre.org.uk

Help to develop strategies to deal with a crisis before it occurs. In a crisis, phone the free phone number and speak with a member of staff to arrange a meeting. Opportunity to rest overnight at the centre, for a maximum of 7 nights.

BREATHING SPACE

0800 83 85 87

Confidential phone support line for people when they feel down / depressed

SAMARITANS

25 Torphichen Street
Edinburgh, EH3 8HX
9.00am – 10.00pm

08457 90 90 90 National number
0131 221 9999 Local number

jo@samaritans.org

*Providing confidential emotional support for people experiencing feelings of distress or despair including those which may lead to suicide.
Text support for people with hearing or speech difficulties 08457 901192 (local charges apply).*

CREW

Anchor Close
32 Cockburn Street
Edinburgh
EH1 1PB
0131 220 3404

An agency offering confidential 1:1 counselling for people using mind altering drugs. Also offer outreach, drop in service and training in substance misuse and sexual health.

Alcohol Drug BBV Social Work Service

Edinburgh Council & Social Work Department
Bonnington Centre
200 Bonnington Road
Edinburgh
EH6 5NL

0131 529 6260

Short term focused work for 16 weeks for adults with a history of alcohol misuse, prioritising individuals with children at home. Individuals need to be willing and able to engage with planned work. Access via GP or Hub referral.

DTTO

29 - 31 Alva Street
Edinburgh
EH2 4PS
0131 225 7788

Offenders must be willing to cooperate with treatment and consent before an order is imposed.

Referrals are made via the Court or local authority criminal justice teams.

SIMPSON HOUSE

Crossreach
Church of Scotland
52 Queen Street
Edinburgh
EH2 3NS
0131 225 6028

*Counselling for people affected by their own or another's drug/alcohol use.
Working with individuals, couples and families.*

SMART recovery group

Tuesday 12.30-2.00pm
(self management and recovery training)

CARDS

Community Alcohol Related Brain Damage Service

A service in Edinburgh to support individuals who are drinking and wish to continue or are considering change. The team match individuals with trained and supervised volunteers. Run by Rowan Alba and can be contacted on 0131 229 7554.

MUTUAL AID GROUPS

NARCOTICS ANONYMOUS HELPLINE

07071 22344
0300 999 1212
www.ukna.org

COCAINE ANONYMOUS HELPLINE

0141 959 6363
0800 612 0225
www.cascotland.org.uk

ALCOHOLICS ANONYMOUS HELPLINE

0845 769 7555
www.alcoholics-anonymous.org.uk

KNOW THE SCORE NATIONAL DRUGS HELPLINE

0800 587 5879 8.00am – 11.00pm

NATIONAL SCOTTISH DOMESTIC ABUSE HELPLINE

Available 24 hours a day and can provide confidential information and support.
0800 027 1234

SHAKTI WOMEN'S AID

Specialist advice for Asian, Black and Ethnic Minority women and children.
0131 475 2399

SCOTTISH WOMEN'S AID

Advice and support for any woman experiencing domestic abuse.
2nd Floor, 132 Rose Street, Edinburgh, EH2 3JD
0131 226 6606