

Mental Health Support In Edinburgh

Crisis Support

DIAL 999

If your life or
someone else's
is in danger

Ring your **GP**/
Out-of-hours GP

If not available →

Ring Mental Health
Assessment Service
(**MHAS**)

0131 537 6000

Emergency/Urgent social work support:
Social Care Direct 0131 200 2324

Helplines

Adults

Edinburgh Crisis Centre
(24hrs) **0808 801 0414**
Text **07974 429 075**

Samaritans (24hrs) **116 123**
jo@samaritans.org

Breathing Space
0800 83 85 87

Papyrus (Preventing young suicides - under 35s)
0800 068 41 41 Text **07786 209 697**

Children/Adolescents

Childline (24hrs) **0800 11 11**

The Mix (Online Support)
(Ages 16-25) **themix.org.uk**

Young Minds (for concerned parents)
0808 802 5544

Parentline Scotland (Family & parent support)
08000 28 22 23 **children1st.org.uk**