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

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

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