health & wellbeing advice

The Advice Place Guide to:

Counselling and Support Groups

As a student, if you are having problems of any kind or just want to talk to someone, you can contact the University's:

Student Counselling Service
Located on the 3rd floor of the main library
www.student-counselling.ed.ac.uk
0131 650 4170

We often meet students who are concerned for a friend; whilst we understand this can be very distressing there is a limit to what you can do unless someone requests help. We would always suggest that you make them aware of the support available but we would also suggest that you ensure you are looking after your own wellbeing. **If you are concerned for someone's immediate safety you should call 999.**

Emergency support
In a serious mental health crisis the Mental Health Assessment Service is based at the Royal Edinburgh Hospital, 24 hours a day, 7 days a week. Call 0131 537 6000.

There are many other counselling and support agencies in and around Edinburgh who can help. Many agencies do not charge for their service and those who do often operate a sliding scale of charges according to your ability to pay - check when you phone.

Big White Wall
Big white wall is an online support network that all students at the University of Edinburgh can access 24 hours a day. You can engage anonymously with others who might be experiencing similar feelings to you in a safe space, where your identity is protected. The space is moderated by professional counsellors who will support you and keep you safe.
www.bigwhitewall.com/university

Counselling

PF Counselling Service
This service is available to individuals over the age of 18, with clients contributing what they can afford. This service is located in the Morningside area of Edinburgh.
www.pfcounselling.org.uk/about-us/
0131 447 0876

You can search for services near where you live using the following directories:

Edspace
Has a useful directory of local mental health services in Edinburgh, as well as lots of self-help material and fact sheets.
www.edspace.org.uk

British Association for Counselling & Psychotherapy
Find an accredited counsellor in your area at:
www.bacp.co.uk 01455 883300

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Bereavement

Cruse Scotland
Support for those who have been bereaved, regardless of how long ago:
www.crusescotland.org.uk
0845 600 2227

Eating Disorders

B-eat
Offers support, information and a help finder to locate support in your area: www.b-eat.co.uk
To contact the helpline call: 0845 634 1414 or 0845 634 7650 for the youthline.

Drugs & Alcohol

Alcoholics Anonymous
Support for drink-related problems:
www.alcoholics-anonymous.org.uk
0845 769 7555

Crew 2000
Drugs information centre, including recreational use, safe sex, HIV, free condoms, advice service, referral system, harm reduction:
www.crew2000.org.uk
0131 220 3404
32 Cockburn St Edinburgh EH1 1PB
Drop in: Wed/Fri/Sat: 1.00 – 5.00pm Thurs: 3.00 – 7.00pm

Talk to Frank
Offer information about drugs and local support services: www.talktofrank.com
To contact their free 24 hour helpline call:
0300 123 6600

Sexual health

Chalmers Sexual Health Clinic
Offer testing and treatment of STIs including HIV, free contraception and general sexual health advice. This is a confidential service – records are not released without your consent:
www.nhslothian.scot.nhs.uk
2A Chalmers Street
Edinburgh
0131 536 1070

Caledonia Youth
Support for young people covering sexual health, relationships and emotional issues, through a range of services from info to counselling and clinics:
www.caledoniayouth.org
5 Castle Terrace
Edinburgh
0131 229 1402
Drop in times: Mon –Thurs: 12.00 – 6pm
Fri: 12.00 – 3.30pm
Sat: 12.00 – 2.30pm

Gay Men's Health
Advice, information and counselling on health and wellbeing issues for gay men:
www.gmh.org.uk
0131 558 9444

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Helplines

Samaritans
24 hour emotional support for anyone in crisis:
www.samaritans.org
08457 90 90 90 (UK line)
0131 2219999 (Edinburgh branch)

NHS 24
Online and out-of-hours phone service providing access to health advice and information 24 hours a day.
http://www.nhs24.com/
Call 111 from any phone

Scottish Domestic Abuse Helpline
Confidential support & information 24/7:
www.scottishdomesticabusehelpline.org.uk/
0800 027 1234

Rape Crisis Scotland
Support for women affected by sexual violence:
www.rapecrisisscotland.org.uk
0808 801 03 02. Lines open 6pm to midnight.

National Sexual Health Helpline
24 hour advice & information on HIV, AIDS and sexual health, including referrals to local support groups.
0800 567 123

Rape & Abuse Line
Support for both men and women affected by rape or abuse:
http://www.patient.co.uk/support/Rape-and-Abuse-Line.htm
Call 0808 800 0123 to speak to a female support worker (7-10pm)
Call 0808 800 0122 to speak to a male support worker (7-10pm)

National Drugs Helpline
Confidential advice & information on drug problems 24/7
0800 77 66 00

Nightline
Student-run, confidential listening service for students in Edinburgh: www.ednightline.com
0131 557 4444 (8pm – 8am during term time)

Quitline
Practical help on giving up smoking:
www.quit.org.uk
0800 00 22 00

Lothian LGBT Helpline
Confidential support, information, advice, telephone counselling & referral for gay men & women:
www.lgbthealth.org.uk
0131 556 4049 (Wednesday 7.30pm-10pm)

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theadviceplace
The Advice Place, EUSA, Potterrow, 5/2 Bristo Square, Edinburgh EH8 9AL
Tel: 0131 650 9225 or 0800 206 2341 Email: advice@eusa.ed.ac.uk
www.eusa.ed.ac.uk
twitter
theadviceplace

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Breathing Space
Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.
www.breathingspacescotland.co.uk
0800 83 85 87

CALM (Campaign Against Living Miserably)
Support for men on a range of problems from depression to stress:
www.thecalmzone.net
0800 58 58 58 (open Sat to Tues from 5pm to midnight)

Action on Depression Scotland
Information and helpline:
www.actionondepression.org
0808 802 2020 (Open Wednesdays 2-4pm)

Parenting Across Scotland
Support and information for anyone caring for or concerned about a child:
www.parentingacrossscotland.org
Parentline Scotland: 08000 28 22 33
Lone Parent Helpline: 0808 8010323

Epilepsy Scotland
For advice & information for sufferers and their families:
www.epilepsyscotland.org.uk
0808 800 2200

Men's Health Helpline
Information on male health:
Mondays 7pm-9pm: 020 8995 4448

Other Support Groups

TheSite
TheSite.org is the online guide to life for 16 to 25 year-olds, providing support and info on everything from sex and exam stress to mental health and drugs.
www.thesite.org

Health-in-Mind
Charity promoting positive mental health and wellbeing in Scotland. Range of services from befriending to trauma support.
www.health-in-mind.org.uk

Penumbra
Mental health charity providing support inc. self-harm recovery-focused groups:
www.penumbra.org.uk
0131 475 2380

Saheliya – Ethnic Minorities/Women
Supports mental health and wellbeing of black/ethnic minority women:
www.saheliya.co.uk
0131 556 9302 (Mon-Fri: 9.30 – 5.00)

Victim Support Lothian
Practical assistance and support to victims of crime:
www.victimsupportsco.org.uk
0131 668 2556 (Mon-Fri 9.30am-3.30pm)

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Edinburgh Women's Rape & Sexual Abuse Centre
Free, confidential advice and emotional support for women or girls who have been raped or sexually assaulted:
www.ewrasac.org.uk
0131 556 9437

Relate
Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through their website.
www.relate.org.uk

Meningitis Now (formerly Meningitis UK and Meningitis Trust)
Info and support for those who have suffered from, or are worried about, meningitis:
http://www.meningitisnow.org/
0808 80 10 388

LGBT Youth Scotland
Info, support, and discussion group:
www.lgbtyouth.org.uk

Gingerbread
Support for single parents:
www.gingerbread.org.uk
0808 802 0925

The Advice Place has two locations:

Central Area
Potterrow (Student Centre)
Opening Times
Mon, Thurs, Fri 9.30am – 5.00pm
Tues 9.30am – 7pm
Wed 10.30am – 5.00pm
Tel 0131 650 9225/0800 206 2341
advice@eusa.ed.ac.uk

Kings Buildings Campus
KB House (ground floor)
Opening Times
Term Time Mon – Thu 11am – 2pm
0131 650 5822

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