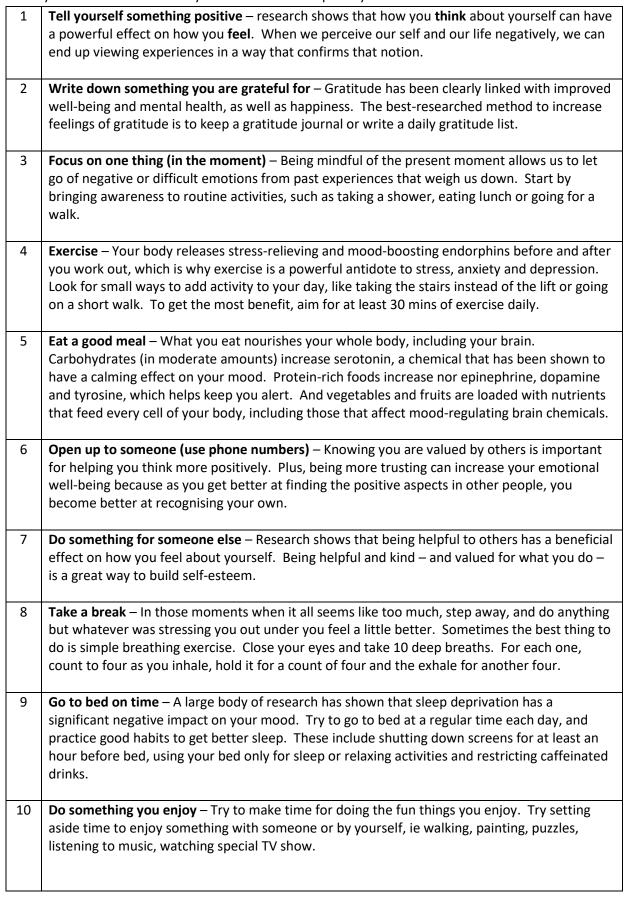
10 WAYS YOU CAN IMPROVE YOUR MENTAL HEALTH TODAY

START TODAY

You have the power to take positive steps RIGHT NOW to improve your resilience and emotional health. Don't wait until you're in a crisis to make your mental health a priority



Mental health information

Your GP / NHS24 – if you are in crisis and would like to access NHS care, you should phone your GP in the first instance. If it is outwith their normal hours and you cannot wait until they re-open, you can call NHS 24 on 111.

Edinburgh Crisis Centre: a 24-hour service providing community-based emotional and practical support to people over 18 who are using or have used mental health services in Edinburgh - and their carers - when they are facing a crisis. The centre provides a free telephone helpline as well as face-to-face support.

website: www.edinburghcrisiscentre.org.uk

- e-mail: info@edinburghcrisiscentre.org.uk or crisis@edinburghcrisiscentre.org.uk

- helpline: Freephone 0808 801 0414

Samaritans: If something is troubling you, get in touch: 116 123

Breathing Space: a free and confidential helpline for any individual who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to. The phone line 0800 83 85 87 is open 24 hours at weekends (6pm Friday - 6am Monday) and from 6pm to 2am on weekdays (Monday - Thursday).

Health in Mind: 0131 225 8508

Health All Round: Provides a range of services focusing on physical, social and emotional well being. Also offer counselling in English and Polish. Contact Anna Rogus-Keay on 0131 337 1376 or 07494 679674. Email: linkworker@healthallround.org.uk

Midlothian Wellbeing Access Point

Guiding you to support your wellbeing www.health-in-mind.org.uk

Mental Health Information Station: Thursday 11-3pm Walpore Hall (Next to St Mary's Cathedral)
Palmerston Place
Edinburgh EH12 54W

ithrive: an information website where you can find out about mental health, treatment and care and services in Edinburgh. It provides a good list of support groups and other resources: www.ithriveedinburgh.org.uk

Useful websites

Living Life to the Full Moodgym