

Right Care, Right Place

**Your key contacts for health
and social care services in**

East Lothian

If you have recently visited, or been discharged from hospital and feel you require additional support you can contact East Lothian Health and Social Care Partnership teams directly.

www.eastlothian.gov.uk/elhscp



East Lothian Rehabilitation Service

T: 0300 369 0680

The Rehabilitation Service provides advice and support to help keep you active and independent. We can help with:

- Managing musculoskeletal conditions affecting bones, muscles and joints, such as back pain, arthritis, sprains/strains and improving walking and balance.
- Improving your ability to carry out daily living activities, including bathing, dressing, meal preparation and guidance on equipment, technology solutions and home adaptations.

East Lothian Adult Social Work Service

T: 01875 824309

We can't predict when our personal circumstances might change. Injury, health diagnosis or illness deterioration may mean receiving some additional support in the short, medium or long-term can help maintain your independence at home.

Take the first step to supporting yourself by contacting the Adult Social Work Service to request a care needs assessment and enquire about care support options available at home, or in your local community.

East Lothian District Nurses

T: GP Practice

If you have any nursing needs, such as wound care and you are housebound or unable to visit the surgery, please contact your GP in the first instance who will provide you with the direct number for the District Nursing Service.

East Lothian Mental Health Support Line

T: 0300 790 6292

Whatever you are feeling, or if you are concerned about a friend or family member, access to mental health support is just a phone call away. Self-refer and talk directly with trained professionals via the East Lothian Mental Health Support Line, who can offer advice, self-management tools or onward referrals to services.

East Lothian Substance Use Support

T: 07843 339 958

Substance use can affect people in many different ways. Our services are committed to offering recovery services using a person-centred approach, to ensure that we are supporting individuals (and their families) to achieve their own recovery goals. Get in touch for information, support and treatment advice related to alcohol or drug use.