

## **Crisis Contacts**

### **Breathing Space**

This is a confidential helpline, which operates Monday-Thursday 6pm-2am and weekends Friday 6pm-Monday 6am. All calls are confidential and are handled by trained staff. The service is free from land lines and most mobile networks.

Telephone 0800 83 85 87, email [info@breathingspacescotland.co.uk](mailto:info@breathingspacescotland.co.uk)

### **Edinburgh Crisis Centre**

This centre provides a 24-hour helpline, 365 days a year, to those in crisis due to mental health issues. Support is provided to those aged 18 years or over who live in Edinburgh. All support is confidential and is handled by trained staff.

Free telephone 0808 801 0414 and [The Edinburgh Crisis Centre](http://www.edinburghcrisiscentre.org.uk) website.

### **ENSA Advice**

Things not going well? Got a query? Get in touch with ENSA Advice (formerly 'ISAS') for free, independent, confidential and comprehensive advice on campus. ENSA Advice is staffed by a team of professional advisers who are here to help whenever you are experiencing difficulties.

Call 0131 229 8791 or email [ensa.advice@napier.ac.uk](mailto:ensa.advice@napier.ac.uk) for an appointment

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

This is an NHS emergency mental health assessment service for people experiencing a mental health crisis. The service is available 24 hours a day, seven days a week and is based at the Royal Edinburgh Hospital. This service is also available at the Royal Infirmary from 5pm until 8am.

Telephone 0131 537 6000 and [Mental Health Assessment Service](http://www.nhs.uk/mentalhealthassessment) website.

### **NHS 24**

Phone NHS 24 for non-emergency help if you're feeling ill when your doctor's surgery is closed and you feel you can't wait until it reopens.

Telephone 111 or visit the [NHS 24](http://www.nhs.uk) website.

## **Nightline**

Nightline is a confidential helpline and online messenger run by students for students. All volunteers are trained. The service is available 8pm - 8am during term times. Visit Nightline website.

Telephone 0131 557 4444, email [nightline@ed.ac.uk](mailto:nightline@ed.ac.uk)

## **Rape Crisis Scotland**

This service provides emotional support and practical advice to anyone affected by sexual violence. They have a free helpline 7 days a week 6pm - midnight.

Telephone 08088 01 03 02, email [info@rapecrisisscotland.org.uk](mailto:info@rapecrisisscotland.org.uk)

## **Samaritans**

Confidential 24 hour helpline. All volunteers are trained.

Telephone 08457 90 90 90 and or visit the [Samaritans of Edinburgh and The Lothians](http://www.samaritans.org.uk) website.

## **Victim Support**

The lead organisation in Scotland helping people affected by crime. The service is free and confidential.

The Scottish helpline operates 8am-8pm Monday to Friday and the UK helpline operates 9am-9pm Monday to Friday and 9am-7pm at weekends.

Telephone 0845 603 9213 (Scotland), or 0845 30 30 900 (UK), email [info@victimssupportsco.org.uk](mailto:info@victimssupportsco.org.uk)