

Emergency Holiday Contacts



Edinburgh Services

Social Care Direct – 0131 200 2324

Emergency Social Work – 0800 731 6969

Edinburgh Crisis Centre – 0800 801 0414

Emergency Housing - 0800 032 5968

Antisocial Behavior Helpline –

NE Team: 0131 529 7168; SE Team: 0131 529 5123;
NW Team: 0131 529 5014; SW Team: 0131 469 5150

Foodbank @ NE Edinburgh – 0131 554 2578

Mental Health Assessment Service (MHAS) –
0131 537 6000

The Rock Trust – 0131 557 4059

Chalmers Sexual Health Centre – 0131 536 1070

24 hour services – Emergency

Police – 999

Childline – 0800 11 11

National Scottish Domestic Abuse Helpline –
0800 027 1234

Samaritans – 116 123

Streetwork – 0131 344 0825

Rape Crisis Scotland – 08088 01 03 02

Breathing Space – 0800 83 85 87

Electricity power cuts -

0800 300 999 or 0800 092 9290

If you smell Gas - 0800 111 999

Water emergencies - 0845 601 8855

Under 13 years

Royal Hospital for Sick Children - 0131 536 0000

NHS 24 – 111

If you develop COVID-19 symptoms, begin self -
isolation immediately and book a test online at
[NHSinform.scot/test-and-protect](https://www.nhs.uk/infocentre/quicklinks) or 0800 028 2816

Remember **FACTS** – [NHSinform.scot/coronavirus](https://www.nhs.uk/infocentre/quicklinks)

Mind – www.mind.org.uk

Headspace – www.headspace.com

Harmless – www.harmless.org.uk

Choose Life – www.chooselife.net

NHS – www.nhs24.com

Breathing Space –
www.breathingspacescotland.co.uk

Christmas and COVID-19

This Christmas might be different again, but that doesn't make it any easier for anyone. It's ok to not be ok at Christmas.

Talking can be helpful, even if you can't see all your friends and family – pick up the phone or video call. Just being able to talk and feel listened to can help you feel supported and less alone.

If you are feeling suicidal, don't hide it. Talk to someone you trust or phone one of the helpline numbers on this leaflet.

This can be a stressful and lonely time, particularly this year. Remember that alcohol is a depressant and drinking excessive amounts can cause low mood – take care and ask for help if needed.

One thing we can still do this Christmas is get out of the house for a walk – exercise releases endorphins, which help you to relax, feel happy and boost your mood. Fresh air can help you feel grounded by enjoying just being in the moment.

EDINBURGH
**YOUNG
CARERS**

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57 Albion Road
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www.youngcarers.org.uk

