

External support organisations over the festive period

Below is a list of organisations you can contact for various levels of support during the festive period.

Edinburgh College Safeguarding team

The College's Wellbeing team can be contacted by email: wellbeing@edinburghcollege.ac.uk

Homelessness

[City of Edinburgh Council Homelessness Services](#)

- 0131 529 7125
- 0131 200 2000 (out of hours)
- 0800 032 5968 (freephone)

[East Lothian Council Homelessness Services](#)

- 0800 169 1611

[Midlothian Council Homelessness Services](#)

- 0131 271 3397
- 0131 663 7211 (out of hours)
- homelessness.enquiries@midlothian.gov.uk

Foodbanks

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

<https://edinburghfoodproject.org/>

Emergency Services

- 999
- Crimestoppers - 0800 555 111

Wellbeing and health support services

Self-harm

- Penumbra – Edinburgh's self-harm project
selfharm.edinburgh@penumbra.org.uk or east@penumbra.org.uk (East area office) or call 0131 229 6262

Eating disorders

Beat Helpline – call 08088010677 or visit www.beateatingdisorders.org.uk

OCD

www.ocduk.org/ocd-and-coronavirus-survival-tips/

Mental health

- Breathing Space – 0800 838 587
- Samaritans – 0131 221 9999

- NHS 24 – 111
- Emergency number for Edinburgh Mental Health Assessment Centre (MHAS) – 0131 537 6000
- Edinburgh Crisis Centre – 0808 801 0414
- SAHELIYA (specialist mental health and wellbeing support organisation for black, minority ethnic, asylum seekers, refugees and migrant women and girls (12+) in the Edinburgh and Glasgow area. For more info, visit www.saheliya.co.uk
- <https://www.nhs.uk/oneyou/every-mind-matters/>

Gender-based violence

- Rape Crisis Scotland Helpline – 0808 801 0302 or text 07537410027
- Rape Crisis East Lothian – 07800604164 or elsas@ercc.scot
- Rape Crisis Midlothian – 07860774503 or msas@ercc.scot
- Rape Crisis Edinburgh – 0131 557 6737 or info@ercc.scot
- West Lothian Council Domestic and Sexual Assault Team – 01506 281 055, 07818421480/07919571531 or dasat@westlothian.gov.uk
- Women’s Aid Edinburgh – 0131 315 8110 or duty@edinwomensaid.co.uk
- Women’s Aid Midlothian – 0131 663 9827 or info@womensaideml.org
- Women’s Aid East Lothian – 01968 670970 or info@womensaideml.org
- Shakti Women’s Aid – 0131 475 2399 or info@shakiedinburgh.co.uk
- West Lothian Women’s Aid – 01506 413 721
- Scotland Domestic Abuse and Forced Marriage helpline – 08000271234
- Men’s Advice line – 08088010327
- Abused Men in Scotland Helpline – 0808 800 0024
- LGBT+ – 0800 801 0301

Hate Crime

- Police Scotland – 999
- Report a hate crime via this form: <https://www.scotland.police.uk/secureforms/c3/>