

NHS 24

A 24 hour health service

Call free on 111

www.nhs24.com

GP/Doctor:

Breathing Space

A confidential free phone line you can call if you're feeling down

0800 83 85 87

6pm – 2am Mon-Thurs

6pm Friday – 6am Monday (24hrs)

Samaritans

Need to talk?

We'll listen 24 hours a day.

Tel: **116 123**

Email: **jo@samaritans.org**

Write: Freepost RSRB-KKBY-CYJK
PO Box 9090, STIRLING FK8 2SA

Orchard Centre Services Crisis Support

4pm – 10pm Monday – Friday

10am – 4pm Saturday – Sunday

Tel: **0131 663 5533**

Domestic Abuse

24 hour helpline

0800 027 1234

Childline

18 years and under

0800 11 11

Your Local Crisis Numbers

For further supplies of this card contact:
0131 271 3680

Midlothian





Need to Talk?

Choose Life

A national strategy and action plan to prevent suicide in Scotland.

“Suicide prevention is everyone’s business”.

www.chooselife.net

“If you are feeling suicidal, don’t hide it. Talk to someone you trust or phone one of the helplines overleaf”.

“If you suspect someone is considering suicide, ask them, it could save their life. Take them seriously and support them to get professional help”.

“Most people who attempt suicide do not want to die: they want to end the pain they are suffering”.

We can help ourselves and each other.

KEEP THIS CARD.

Someone is there to listen.

For further Midlothian mental health and wellbeing information visit:

www.midspace.co.uk