

## HELP WITH ADDICTIONS

### Talk to someone...

- Drinkline Scotland** 0800 7314 314  
**Alcoholics Anonymous** 0845 769 7555  
**Frank** (drugs helpline) 0800 77 66 00 (24 hr)  
**National Gambling Helpline** 0808 8020 133 Daily, 8am-midnight

### Get information, advice or support...

**Crew 2000** 0131 220 3404 Mon-Fri 10am-5pm, for support or information  
 The shop on Cockburn Street is open Mon-Wed 1-5pm, Thurs 3-7pm, Fri & Sat 1-5pm  
 Information about drugs and how to stay safe. Crew neither condemns nor condones drug use.

### Serenity Café 0131 556 8765

8 Jackson Entry (off the Royal Mile) open daily 9am-5pm & some evenings  
 Run by people in recovery for people in recovery. At the cafe you will find a warm welcome, good food, a family-friendly vibe, a programme of activities, opportunities for volunteering and learning.

### For medical help, advice and prescriptions...

**Harm Reduction Team** 22-24 Spittal Street 0131 537 8300  
 Low-threshold medication programme for injecting drug users, women's services for those involved in the sex industry, needle exchange, wound care clinic, harm reduction training, dental care for drug users.

**Recovery Hubs** offering a wide range of alcohol & drug services & support.

- **North East** 0131 554 7516
- **South East** 0131 554 7516
- **North West** 0131 469 5044
- **South West** 0131 453 9406
- **City Centre** 0131 557 5273

### Get help through a residential programme...

**Bethany Christian Centre** 0131 454 3125  
**Teen Challenge** 01664 822 221  
**LEAP** 0131 446 4400

Or ask a GP to refer you for help (see the Medical Help section to find a GP)

The **Addiction Recovery Companion** is a useful app for finding services to help with recovery (search ARC-Edinburgh in the app store or go to [www.arcapp.co.uk](http://www.arcapp.co.uk)).

## MORE HELPLINES

*Most calls to helplines are free from landlines, mobiles vary*

### Samaritans

Confidential, emotional support for anyone in crisis  
**08457 90 90 90** (24 hr)

### Breathing Space

**0800 83 85 87**  
 Mon-Thu 6pm-2am, Fri 6pm-Mon 6am

### Men's Advice Line

For men experiencing domestic violence  
**0808 801 0327**

### Missing People

If you are missing or have lost touch with someone who is missing you  
**116 000**—call or text (24 hr)

### National Association for People Abused in Childhood

**0808 801 0331**

### Lone Parent Helpline

Advice and support for single parents  
**0808 801 0323**  
 Mon-Fri 9.30am-4.30pm

### Asylum Help

Advice and guidance for asylum seekers  
**0808 8000 630**  
 Mon-Fri 8.30am-7pm

### Cruse Bereavement Care

Support after the death of someone close  
**0844 477 9400**

### Citizens Advice Direct

Benefits, employment, debt and housing advice  
**0808 800 9060**  
 Mon-Fri 9am-8pm & Sat 10am-2pm

## VETERANS

### Armed Service Advice Project (part of Citizens Advice) 0845 231 0300

Advice, information and support for those currently or previously in the armed forces or merchant navy.

### SSAFA/Forcesline 0131 557 1697 Mon-Fri 10.00am-3.30pm

Current/past members of the forces and their families can speak to someone in confidence about any worries/concerns.

### AWOL line 01380 738 137 Mon-Fri, 9am-10am

Services personnel who are absent without leave can speak to a worker in complete confidence.

## PETS

### All4Paws Veterinary Clinic 07546 218 261

Health checks, vaccinations, flea and worm treatments, veterinary and behaviour advice, dog leashes, coats and other supplies, spay and neuter advice (and help with costs). Clinics are held on the first Saturday of each month at Streetwork, 22 Holyrood Road.

## FOOD (free unless specified)

Day/Time	Name	Details	Phone
Daily, 9pm onwards	Care Van	Soup van [see box on right for location details]	561 8930
Daily, except Wed & Thurs, 4pm	Missionaries of Charity	18 Hopetoun Crescent	556 5444
Mon-Fri, 9-11.30am, 5.30-6.30pm	St Catherine's Convent	4 Lauriston Gardens Breakfast brunch and an evening meal	229 2659
Mon-Fri, 9-10am, 12-1pm	Salvation Army	25 Niddrie Street. Breakfast £1.25, lunch £1.	523 1060
Mon, Wed, Thurs, Sat 12.30-2.15pm	Lunchtime Care Van	Lunch [see box on right for location details]	561 8930
Monday 5-7pm	Grassmarket Community Project	86 Candlemaker Row Two-course meal, last serving at 6pm	225 3626
Tuesday, 12.45-1.30pm	Carrubbers Christian Centre	65 High Street Lunch	556 2626
Tuesday 4.00-5.30pm	Social Suppers	Social Bite, 89 Shandwick Place Please join us for a warm welcome, hot food & support	
Wednesday, 6-8pm	Guru Nanak's Free Kitchen	North Bridge at the Royal Mile junction Free community meals served by the Sikh community	
First Wednesday of the month, 7.30pm	Rise at Destiny Church	12 Casselbank Street, Leith Three course meal	555 2707
Friday, 12-2pm	Free Light Lunch	Leith Free Church, Casselbank Street Lunch	
Saturday 8.20am-2pm	Souper Saturday at Old St Paul's Church	Jeffrey Street Porridge/sandwiches/soup	
Saturday from 5.30pm	Soul Food at St Paul's & St George's	46 York Place Meal and companionship	556 1335
Sunday 8-9.30am	Carrubbers Christian Centre	65 High Street Breakfast—men's clothes and blankets provided	556 2626
Sunday 9.30-10am	South Leith Parish Church	6 Henderson Street Breakfast	554 2578
Sunday 9.30am-12 noon	Kirk O'Field Church (Jesuit Society)	140 Pleasance Sandwiches and hot drinks, then lunch from 11am	

## SOCIAL BITE

### SUSPENDED COFFEE & FOOD

A member of the public pays for an extra coffee or meal when they are buying their own and then this is available for someone who needs a free coffee/meal.

#### Social Bite

131 Rose St & 89 Shandwick Pl  
 Mon-Fri 9am-noon & 2-3pm

You can also pick up items at the end of the day at 3.30pm every Monday, Wednesday, Thursday & Friday.

## CARE VAN

A partnership between Bethany Christian Trust and Edinburgh City Mission, the Care Van operates every evening and on Monday, Wednesday, Thursday & Saturday lunchtimes.

#### Lunchtimes:

- 12.30pm Market Street
- 1pm-2pm King's Stables Road, Grassmarket, the Bridges
- 2pm Leith Walk (north of McDonald Rd)

#### Evenings:

- 9pm Waverley Bridge
- 9.50-10.30pm King's Stables Road, Grassmarket, the Bridges

## SUPPORT FOR WOMEN

### **Streetwork Women's Service** (0131) 556 9756

Helping homeless women to get through crises by providing a safe place for them to go.

### **Edinburgh Women's Aid** (0131) 315 8110

Help for women in abusive relationships or in danger from ex-partners. Safe accommodation available for women and children.

### **Shakti Women's Aid** (0131) 475 2399

Advice for black/ethnic minority women, children and young people experiencing and/or fleeing domestic abuse.

### **Women's Aid Domestic Abuse Helpline** 0800 027 1234 (24 hr)

### **National Domestic Violence Helpline** 0808 2000 247 (24 hr)

### **Care Confidential** 0300 4000 999

Help and support for people facing unplanned pregnancies, post abortion concerns and miscarriage.

### **Rape Crisis Scotland National Helpline** 08088 01 03 02

Daily, 6pm-midnight. For anyone affected by rape.

## YOUNG PEOPLE

### **The Rock Trust** 55 Albany Street (0131) 557 4059

For 16-25 year olds who are homeless or at risk of becoming homeless. Showers, advice & support. Laundry available before 9.30am Mon-Fri.

### **Papyrus** 0800 068 41 41 or text 07786 209 697

Mon-Fri 10am-5pm & 7pm-10pm, weekends 2pm-5pm  
A helpline for anyone 35 or younger who is considering suicide.

### **ChildLine** 0800 11 11

To talk to a counsellor about anything that is troubling you.

### **Missing People's Runaway Helpline**

116 000—call or text (even without credit)  
For under 18s who have run away or are thinking of running away.

### **H & H Card** Leith Community Centre, Kirkgate, Leith (0131) 554 4750

Fridays 6-8pm, drop in to pick up your free health & hygiene pack and enjoy a free toasty and hot drink. For those aged 16-25.

## CONCERNED FOR OTHERS?

For concerns about vulnerable adults or children, call **Social Care Direct** (0131) 200 2324 (adults) or 0131 200 2327 (children) during working hours. Out of hours or on weekends call 0800 731 6969

## OTHER BETHANY SERVICES

For more information see [www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)

### COMMUNITY DEVELOPMENT

Community projects, Passing the Baton befriending, Inspiring Leith, employability support, family work, drop-in sessions. Find a group or a service to help you with your needs where you are.

0131 454 3119

### CONNECT TO COMMUNITY

We support men and women coming out of prison through our Connect to Community project. Through local churches we seek to provide effective support to men and women leaving prison and create a framework that enables long-term reintegration into a local community.

0131 561 8930

### SAFE FAMILIES FOR CHILDREN [www.safefamiliesforchildren.com/](http://www.safefamiliesforchildren.com/)

Some families can be really isolated with no support network to help them through difficult times. Safe Families for Children provides support for parents while they work to resolve issues through friendship, coaching and often providing a short stay for their children with a trustworthy family, if needed.

0131 603 8430

## BETHANY WINTER CARE SHELTER

The Care Shelter runs from October to April and offers food and accommodation each night in different churches in the city. The meal is served from 9.30-10.30pm.

The venue varies—please ask at the Care Van (Waverley Bridge 9-9.45pm), see posters or call 0131 561 8930 (day) or 07919 557 673 (night).

There is a pick-up from Waterloo Place every night during the winter at 9.15 and 9.30pm unless the Care Shelter is already full.

## MEDICAL HELP

In an emergency dial 999

**NHS 24** For out of hours urgent treatment or advice call 111 (free)

### **Edinburgh Access Practice** 17 Leith St/Spittal St (0131) 240 2810

GP surgery for anyone who is homeless. Mon, Tue, Thu & Fri 9am-5pm, Wed 10am-5pm (except 4th Wed of the month: 1.45-5pm) Closed for lunch 12.45-1.45pm. Drop in or call if you are homeless and need to see a GP/nurse.

**Streetsmart Physio Clinic** Salvation Army Hostel, 1 The Pleasance  
Weds 6pm-7.30pm, book an appointment at reception.

### **Mental Health Assessment Service** (0131) 537 6000

Self-refer for an emergency psychiatric assessment.

### **Edinburgh Crisis Centre**

Mental health helpline 0808 801 0414 (24 hrs) or text 07974 429 075

## MONEY AND BENEFITS

### **Job Centre Plus** 0800 055 6688

To make a new benefits claim. Mon-Fri 8am-6pm.

### **The Advice Shop** 249 High Street (0131) 200 2360

Mon, Wed, Thurs 8.30am-4.30pm, Tues 10am-4.30pm, Fri 8.30am-3.40pm. Information, advice and representation to access benefits and deal with debt.

### **Department for Work and Pensions** 0845 604 3719

Short term benefit advances and hardship payments.

### **National Debt Line** 0808 808 4000

Mon-Fri 9am-9pm, Sat 9.30am-1pm

### **Christians Against Poverty (CAP)** 0800 328 0006

Free debt help and money courses. Call to make an appointment.

## CHURCH

### **Street Church** "bringing church to the street"

Sundays 11am-1.30pm around St Giles Cathedral, High Street  
Church is about the people, not the buildings.

### **Café at Life Church**

Wed-Fri 10am-12 noon, West Richmond Street  
A place to meet and chat.



# Where Can I Get Help?



## A Guide to Homeless Services in Edinburgh

## HOMELESS SERVICES

### **The Access Point** 17 & 23 Leith Street (0131) 529 7438

Register as homeless here, get advice about entitlements, eligibility for temporary accommodation & benefits. Or go to one of the locality housing offices: 40 Captain's Road EH17 8QF (SE); 10 Westside Plaza EH14 2ST (SW); 8 West Pilton Gardens EH4 4DP (NW); or 101 Niddrie Mains Road EH16 4DS (NE).

**Council Out of Hours Service** 0800 032 5968 Call if you are homeless and need somewhere to stay and it is outwith normal office hours.

### **Streetwork's Holyrood Hub** 22 Holyrood Road (0131) 557 6055

Laundry, showers, lockers available as well as advice and support.  
24/7 freephone crisis line 0808 178 2323 (24hr)

### **Salvation Army Regenr8+** 25 Niddrie Street (0131) 523 1060

A drop-in that provides food for a small charge, a clothing store, shower, advice service & also runs various events. Drop-in for more info.

## HOUSING

**Hostels** Accessed through the council by going to The Access Point, see above.

### **Edinburgh Housing Advice Partnership (EHAP)**

Mon-Fri, 9am-5pm 0845 302 4607

Advice and information for those in housing crisis.

### **Shelter** Mon-Fri 9am-5pm 0808 800 4444

Housing advice helpline.

### **Your Home** housing support service

[YourHome@ypeople.org.uk](mailto:YourHome@ypeople.org.uk) 0131 603 9815

For anyone worried about losing their home or needing help around housing.

