

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.

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)

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.

Friday Fellowship

Every Friday 7-8.30pm, 68 Britwell Crescent on the east side of Edinburgh
Fellowship, prayer and encouragement
For more info: 07793 745 888

FOOD (free unless specified)

Day/Time	Name	Details	Phone
Daily, 9pm onwards	Care Van	Soup van [see box on right for location details]	454 3132
Daily, 5pm	St Mary's Cathedral	61 York Place. Sandwiches provided	556 1798
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, Sat 12.30-2.15pm	Lunchtime Care Van	Lunch [see box on right for location details]	454 3132
Monday 4-6pm	Grassmarket Community Project	86 Candlemaker Row Soup, sandwiches, biscuits, cake	225 3626
Tuesday, 12.45-1.30pm	Carrubbers Christian Centre	65 High Street Lunch	556 2626
Friday, 12-2pm	Free Light Lunch	Leith Free Church, Casselbank Street Lunch	
Saturday 8.20am-2pm	Souper Saturday at St John's	Corner of Princes Street & Lothian Road 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 10.30am-1.30pm	Jericho House	Lothian Street, entrance on Bristo Place Coffee morning and lunch	225 8230
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

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.

Forcesline 0800 731 4880 Mon-Fri, 10.30am-7.30pm

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.

Soldiers Off The Street 07717 774 730

Outreach service to veterans who are sleeping rough offering help to move forward and off the streets.

SUSPENDED COFFEE

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. Places in Edinburgh that do this include:

- **Social Bite**
131 Rose Street and 89 Shandwick Place
Mon-Fri 9am-3pm

CARE VAN

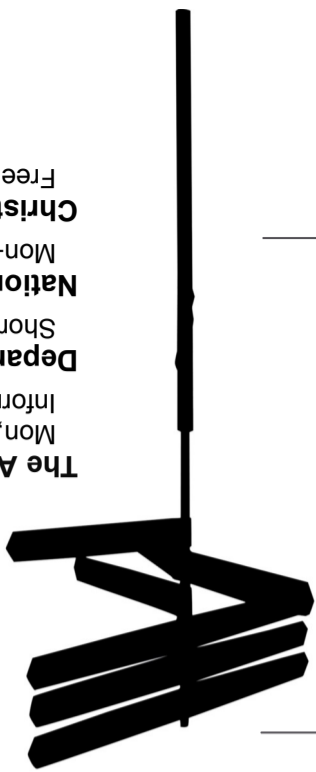
A partnership between Bethany Christian Trust and Edinburgh City Mission, the Care Van operates every evening & on Monday, Wednesday & Saturday lunchtimes.

Lunchtimes:

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

Evenings:

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



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.

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.

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.

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

Edinburgh Crisis Centre 0808 801 0414 (24 hrs) or text 0797 442 9075
Mental health helpline

Mental Health Assessment Service (0131) 537 6000
Self-refer for an emergency psychiatric assessment.

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

Cowgate Dental Clinic Drop-in most Morns & Thurs 9am-12.30pm
NHS fees apply but can be reduced/waived depending on financial circumstances.

- **Cowgate Clinic** 20 Cowgate (0131) 240 2810
- **Edinburgh Homeless Practice** 17 Leith Street (0131) 529 7747

If you are homeless and need to see a GP:
NHS 24 For out of hours urgent treatment or advice call 111 (free) in an emergency dial 999

MEDICAL HELP

Rape Crisis Scotland National Helpline 08088 01 03 02
Daily, 6pm-midnight. For anyone affected by rape.

Care Confidential 0300 4000 999
Help and support for people facing unplanned pregnancies, post abortion concerns and miscarriage.

National Domestic Violence Helpline 0808 2000 247 (24 hr)

Women's Aid Domestic Abuse Helpline 0800 027 1234 (24 hr)
Advice for black/ethnic minority women, children and young people experiencing and/or fleeing domestic abuse.

Shakti Women's Aid (0131) 475 2399
Help for women in abusive relationships or in danger from ex-partners. Safe accommodation available for women and children.

Edinburgh Women's Aid (0131) 315 8110
Helping homeless women to get through crises by providing a safe place for them to go.

Streetwork Women's Service (0131) 556 9756

SUPPORT FOR WOMEN

OTHER BETHANY SERVICES

For more information see www.bethanychristiantrust.com

GATEWAY VISITING SUPPORT

Gateway can provide support with: finding housing, maintaining your tenancy, finances, addictions, physical and mental health, life skills, social and emotional support and finding employment and training. Meet regularly with a support worker to help plan and take positive steps forward.

0131 561 8910 or GVS@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

CARING FOR EX-OFFENDERS

We support ex-offenders coming out of prison through our Caring for Ex-Offenders 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

BETHANY WINTER CARE SHELTER

The Care Shelter runs from November to March and offers food and accommodation each night in one of the Edinburgh churches. 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.

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 if you are 18+ and don't have children. Advice about entitlements, eligibility for temporary accommodation & benefits.
- Housing Options Team** 1 Cockburn Street (moving to 1a Parliament Square on 24 November) (0131) 529 7368
For under 18s or those with children.
- 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 Crisis Service** 22 Holyrood Road (0131) 557 6055
Food, laundry, showers & lockers available for those accessing support. 24/7 freephone crisis line 0808 178 2323
- 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** (list on back page) must now be accessed through the Council by going to The Access Point, see details 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.

