



Mental Health Information Station



During the Coronavirus Lockdown the Mental Health Information Station will offer general mental health advice and information by Telephone every Thursday from 9.30am to 4.30pm

Call **0131 537 8688** on Thursdays when you can speak to a member of staff. On other days you can leave a voice mail and request a call back.

E-Mail: **MentalHealthInformation@nhslothian.scot.nhs.uk** with an enquiry or a request for a call back. Mailbox checked daily Mon – Fri (9-5). We will respond within 2 working days



Mental health information station

Mental Health Information Station - NHS Lothian

For our web page



Facebook : **Mental Health Information**



Instagram: **mental.health.information**

In partnership with:



IF YOU ARE IN CRISIS

Edinburgh Crisis centre

808 801 0414

Mental Health Assessment

Service (MHAS)

0131 537 6000

Samaritans

0131 221 9999

NHS 24 Freephone

111

In a Critical emergency call

999



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