

Emergency Services

Police, Fire, Ambulance	999
NHS 24	111
Mental Health Assessment Service, Royal Edinburgh Hospital (MHAS)	0131 537 6000
Social Care Direct	Freephone: 0800731 6969 (For out of hours Emergency Social Work)

Local 9:00am – 5:00pm Services

Number 6 One Stop Shop	0131 220 1075 (One staff member will be in the office each day to answer calls)
Edinburgh Citizens Advice	0131 510 5510
Social Care Direct	0131 200 2324
Edinburgh Women's Aid	0131 315 8110

Listening and Advice Services:

Samaritans National Line (24/7)	Freephone: 116 123 or email jo@samaritans.org
Breathing Space Helpline (6pm – 2am on weekdays; 24 hours at Weekends, 6pm – 6am Friday to Monday)	Freephone: 0800 83 85 87
Shelter Advice Line	Freephone: 0808 800 4444
Women's Aid National Helpline (24/7)	0800 027 1234
Edinburgh Crisis Centre (24 Hour Service)	Freephone: 0808 801 0414
UK Domestic Abuse Violence Helpline	Freephone: 0808 2000 247