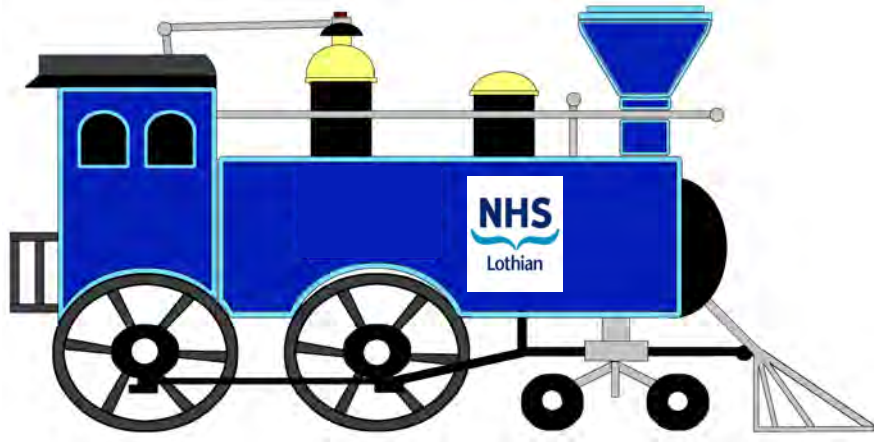


Mental Health Information Station



Your First Stop for Mental Health Information and Resources



Due to COVID-19, The **Mental Health Information Station** has become a telephone advice service offering general mental health advice and information. You can speak with a Mental Health trained member of staff by phone on a Thursday between 9.30am and 4.30pm.

Please call on **0131 537 8688** and ask for the MHIS. Alternatively you can email: MentalHealthInformation@nhslothian.scot.nhs.uk at any time with specific queries and/or a request for a call back. The mailbox is looked at Monday to Friday during working hours and will be responded to within 2 working days.

If you feel that you are in crisis and need help immediately, call: Edinburgh Crisis Centre: 0808 801 0414 or Mental Health Assessment Service (MHAS) : 0131 537 6000 or Edinburgh Samaritans – 0131 221 9999 or NHS 24 – Freephone: 111 or in an emergency: 999.

In partnership with:



Edinburgh Health and Social Care Partnership



You will also find useful information, booklets and guidance on our web pages, Facebook and Instagram account.

Web: [Google: Mental Health Information Station](#)



[Facebook: Mental Health Information Station](#)



[Instagram:mental.health.information](#)