



Useful Contacts for Carers

Carers of East Lothian

Advice, information, advocacy and support for local carers. Everything from practical help with forms to advocacy to get the help you need from others to emotional support when times are difficult. Specialist help also with welfare benefits, accessing breaks and for people caring for someone with a mental health issues.

www.coel.org.uk

☎ 0131 665 0135

NHS 24

Medical advice when your GP practice is closed and you cannot wait until they are open.

www.nhs24.com

☎ 111

Mental Health Support Services

CWIC East Lothian Mental Health Service

CWIC Mental Health is a primary care service for people in East Lothian aged over 17 years and 9 months. We work closely with GP practices, Adult Mental Health services and local third sector services to help you get the right support for your needs.

☎ 0300 790 6292 Monday to Friday - 9am to 4pm

Breathing Space

A confidential phone and web-based service for people with low mood, depression or anxiety.

<https://breathingspace.scot>

☎ 0800 83 85 87

Samaritans

Talk any time you like, in your own way, and off the record – about whatever's getting to you.

<https://www.samaritans.org/?nation=scotland>

☎ 0845 790 90 90

Changes Community Health Project

Changes promotes positive mental health and wellbeing for people living in East Lothian.

www.changeschp.org.uk

☎ 0131 653 3977/38

Eastspace

East Lothian Mental Health and wellbeing information on-line for both people with mental health problems and their carers.

www.eastspace.org.uk

Cruse – Bereavement Care

Support for people who have lost a loved one.

<https://www.crusescotland.org.uk>

☎ 0845 600 2227

East Lothian Health & Social Care Partnership:

Specific ELHSCP useful contact numbers within ELHSCP:

East Lothian Council Adult Wellbeing/ Children's Wellbeing

☎ 0845 603 1576

East Lothian Council Contact Centre

☎ 01620 827 827

East Lothian Learning Disability Social Work Team and Community Resources

☎ 01875 824309

Community Learning Disability Team

☎ 01620 642771

Other Carer Support Services:

Young Carers – East Lothian Council

If you are a young carer, or you know a young carer, East Lothian Council has a Young Carer Service where you can access support:

<https://www.eastlothian.gov.uk/young-carers>

East Lothian Young Carers

East Lothian Young Carers is a local charity established in 2002 to provide support to Young Carers aged 0 to 24 living in East Lothian.

<https://www.eastlothianyoungcarers.org>

☎ 01620 826 558

Minority Ethnic Carers of People Project (MECOPP)

Edinburgh based support service for Carers from ethnic minority backgrounds.

www.mecopp.org.uk

☎ 0131 467 2994

VOCAL

Edinburgh and Mid Lothian based support service for Carers. Wide range of workshops and clinics open to all carers.

www.vocal.org.uk

☎ Edinburgh – 0131 622 6666

☎ Midlothian – 0131 663 6869

Carers UK

National information service for carers.

www.carersuk.org

☎ 0808 808 7777

General Advice and Information

Citizens Advice

General advice about debt, housing, welfare benefits and a range of other issues.

www.adviceguide.org.uk/scotland/about_this_site/get_advice_s.htm

☎ Musselburgh – 0131 653 2748/2544

☎ Haddington – 01620 824471

☎ National Helpline – 0808 800 9060

Alzheimer Scotland

Alzheimer Scotland is Scotland's national dementia charity. Their aim is to make sure nobody faces dementia alone. They provide support and information to people with dementia, their carers and families.

24 hour Freephone Dementia Helpline: 0808 808 3000

Support for Parents:

The Lothian Child and Adolescent Mental Health Service (CAMHS)

CAMHS work with children and young people (from age 5 to their 18th birthday), and their parents or carers. NHS Lothian CAMHS provides specialist assessment/intervention as part of a tiered system, which can include consultation

and advice prior to referral, and assessment appointment to establish clinical need and priority status.

☎ 0131 446 4880

Enquire

Providing independent and impartial advice and information about additional support for learning to parents, carers, children, young people and professionals who work with them.

www.enquire.org.uk

☎ 0345 123 2303

Pasda

Pasda offers support to parents, partners, siblings and carers of autistic adults (over 16) who live in Edinburgh and the Lothians.

<https://www.pasda.org.uk/> ☎ 07732101862