

## Other Organisations List

### Alcohol & Drugs

Alcoholics Anonymous	0845 769 7555	
Al-non	020 7403 0888	Support for families of sufferers (AA)
Edinburgh & Lothian Council on Alcohol (ELCA)	0131 337 8188	
LIBRA	0131 661 0111	Support for women with alcohol problems
Lothian & Edinburgh Abstinence Programme (LEAP)	0131 446 4400	
MELD (Mid & East Lothian Drugs)	0131 660 3566	

### Advice (including Debt Advice/Counselling)

CAB Musselburgh	0131 653 2748	
CAB Haddington	01620 824471	
Citizens Advice Direct	0844 848 9600	
National Debtline	0808 808 4000	

### Advocacy

CAPS	0131 273 5116	
EARS Advocacy Service for Older People	0845 6070129	
I.S.E.A.	0131 454 0144	Advice for parents with children with special educational needs

### Children & Families

Anti-Bullying East Lothian (ABEL)	0131 653 5234	
Bridges Project	0131 665 1621	
Children 1 <sup>st</sup>	01875 824000	
Care for the Family	01368 864070	
First Step Community Project	0131 665 0848	
Home Start	01875 616066	

### Community Care

Carers of East Lothian	0131 665 0135	
Carr-Gomm Scotland	0300 666 3030 or	Support people to live in

	0131 659 4777	own homes.
East Lothian Young Carers	01875 818600	
ELCAP	01875 814114	

### **Counselling**

Connections (Crossreach)	01368 865218	
Couple Counselling	0131 556 1527	
Eclipse	Contact Local GP	
Relationship Scotland	0845 119 2020	
Sexual Therapy	0845 119 2020	Run by Relationships Scotland
Telephone Counselling	08088 020406	Trauma Counselling run by Health in Mind (Men Only)

### **Disability**

Capability Scotland	01620 825036	
Deaf Action	0131 556 3128	
Linking Education and disability (LEAD) Scotland	0131 228 9441	
Your Call	0808 801 0362	Telephone Counselling for Disabled by Disabled

### **Elderly**

EL Aging Well	01620 826760	
Scottish Helpline for Older People (Age Concern Scotland)	0800 470 8090 or 0845 833 0200	
WRVS EL Good Neighbours	01875 811011	

### **Employment**

Adult Guidance Service	01620 827627	Career Development
Careers Scotland (Musselburgh)	0131 665 3120	

### **Health**

ASH Scotland	0131 225 4725	
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East Lothian Roots & Fruit	01875 616337	Healthy eating at affordable prices
McMillan Nursing Services	0131 536 8332	

## Housing

Shelters East Lothian Project	0131 653 4304	Housing advice
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## Mediation

East Lothian Community Mediation Service	0131 653 5295	
Family Mediation	0845 119 2020	Run by Relationship Scotland

## Mental Health

<b>Breathing space</b>	<b>0800 838587</b>	<b>Weekdays Mon-Thurs 6.00pm – 2.00am Weekend Fri 6.00pm – Mon 6.00am</b>
Depression Alliance	0845 123 23 20	
EL Bi-polar Support Group	0141 560 2050	Number for Bi-polar Fellowship Scotland who have details for East Lothian.
East Lothian Home Support Service	0131 653 6718	
EASTSPACE		<a href="http://www.eastspace.org.uk">www.eastspace.org.uk</a>
EDSPACE		<a href="http://www.edspace.org.uk">www.edspace.org.uk</a>
Health in Mind	0131 2258508	
Lothian Education and Recovery Network	0131 653 5116	
Mental Welfare Commission	0131 313 8777	
Penumbra Self-Harm Project	0131 229 6262	<a href="http://www.penumbra.org.uk/edinburgh/self-harm-project/">http://www.penumbra.org.uk/edinburgh/self-harm-project/</a>
RSABI	0300 111 4166	Supporting People in Scottish Agriculture
Stepping Out	07966 535514	
We Are Seeking Progress (wasp)	0131 334 3171	Agoraphobia, Social Phobia & Panic Attacks

## Support Groups

Action for Children, East Lothian New Horizons	01620 829807	Residential supported accommodation for 16 –
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Housing		25 yr olds
Autism Initiatives	0131 240 2370	Help adults with Autism/Aspergers
Cruse Bereavement	0845 600 2227	
Deaf Action	0131 556 3128	
East Lothian Women's Aid	0131 665 9552	
Edinburgh ME Self Help Group (MESH)	0845 625 2025	
Gamblers Anonymous	0370 050 8881	
Headway (East Lothian)	07895 193974	
Pain Concern	01875 614537	
Victim Support (Mid & East Lothian)	0131 660 3030	Helpline 0845 603 9213
East Lothian Befriending Scheme	0131 665 3300	
East Lothian Sexual Abuse Service	07800 604164	
Edinburgh Rape Crisis Service	0131 556 9437	
Lone Parent Helpline	0800 018 5026	
Samaritans	08457 90 90 90	

## Support Groups for Non-English Speakers

feniks	<a href="http://www.feniks.org.uk">www.feniks.org.uk</a> 151 London Road Edinburgh EH6 7AE  Tel. 07510 122 425 e: <a href="mailto:info@feniks.org.uk">info@feniks.org.uk</a>	Counselling, Personal Development and support services for the Central Eastern European community
Health In Mind (Krzysztof Nowak)	<a href="mailto:krzysztofnowak@health-in-mind.org.uk">krzysztofnowak@health-in-mind.org.uk</a>	
Polish Family Support Centre	19 Smith's Place Edinburgh EH6 8NU Tel 0131 281 0429 Mob 07404 633415 Email <a href="mailto:info@pfsc.co.uk">info@pfsc.co.uk</a>	

## Walking

Ramblers Scotland	01577 861222
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## National/Scottish Helplines

Breathing Space	0800 838 587	Emotional Distress
Careline	0845 122 8622	Emotional Distress
Child Death Helpline	0800 282 986	Bereavement
Childline	0800 1111	
Citizens Advice Direct	0844 848 9600	Welfare Rights
CRUSE	0844 477 9400	Bereavement
Depression Alliance Scotland	0845 123 2320	
Dyslexia Scotland	0844 800 8484	
Equality and Human Rights Commission Helpline – Scotland	0845 604 5510	Welfare Rights
Gamblers Anonymous	0370 050 8881	
Gamcare	0808 8020 133	<a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a> Gambling helpline & counselling
Lone Parent Helpline	0808 801 0323	
Lothian Gay and Lesbian Switchboard	0131 556 4049	
MacMillan Cancer Support	0808 808 2020	
Men's Domestic Abuse Helpline	0808 801 0327	
Parentline Scotland	0808 800 2222	
National Debtline	0808 808 4000	
No Panic	0808 808 0545	
Rape Crisis Scotland	0808 801 0302	
Step Family Scotland	0845 122 8655	
Scottish Domestic Abuse Helpline	0800 027 1234	
Scottish Network for Families Affected by Drugs	0808 010 1011	
Shelter's Free Housing Advice Helpline	0808800 4444	
Silverline	0800 4 70 80 90	
Stresswatch Scotland	01563 574144	
Survivors of Bereavement by Suicide	0844 561 6855	
Victim Support Scotland	0845 603 9213	

## Doctors Practices – East Lothian

Nearest Town	Practice Name	Address	Contact Numbers
Cockenzie & Port Seton	The Harbours Medical Practice	The Health Centre, Avenue Road, Cockenzie, EH32 0JU	Tel: 01875 811501 Fax: 01875 814421

<b>Dunbar</b>	Whitesands Practice  Lauderdale Practice  Cromwell Harbour Practice	Dunbar Medical Centre, Queens Road, Dunbar, EH42 1EE	Tel: 01368 863226 Fax: 01368 865646  Tel: 01368 861435 Fax: 01368 865646  Tel: 01368 861401 Fax: 01368 865646
<b>East Linton</b>	East Linton Surgery	Station Road, East Linton, EH40 3DP	Tel: 01620 860204 Fax: 01368 865646
<b>Gullane</b>	Gullane Medical Practice	Hamilton Road, Gullane, EH31 2HP	Tel: 01620 842171 Fax: 01620 843020
<b>Haddington</b>	Tyne Practice  Lammermuir Practice  The Orchard Medical Practice	Newton Port Surgery, Haddington, EH41 3NF	Tel: 01620 823183 Fax: 01620 824622  Tel: 01620 825051 Fax: 01620 824622  Tel: 01620 825497 Fax: 01620 824622
<b>Longniddry</b>	Clinic - Part of Cockenzie/Port Seton	67 Forthview Road, Longniddry, EH32 0LG	Tel: 01875 853484
<b>Musselburgh</b>	Eskbridge  Riverside  Inveresk	Musselburgh Primary Care Centre (Name of Practice) Inveresk Road Musselburgh EH21 7BP	Tel: 0131 446 4030 Fax: 0131 446 4032  Tel: 0131 446 4171 Fax: 0131 446 4063  Tel: 0131 446 4003 Fax: 0131 446 4194
<b>North Berwick</b>	North Berwick Health Centre	54 St Baldred`s Road, North Berwick, EH39 4PU	Tel: 01620 892169 Fax: 01620 897005
<b>Ormiston</b>	Ormiston Medical Practice	Sprinty Drive, Ormiston, EH35 5LP	Tel: 01875 610248 Fax: 01875 615045
<b>Prestonpans</b>	Prestonpans Health Centre	Prestonpans Health Centre, Preston Road, Prestonpans, EH32 9QS	Tel: 01875 810736 Fax: 01875 819806
<b>Tranent</b>	Tranent Medical Practice	Loch Road, Tranent, EH33 2JX	Tel: 01875610697 Fax: 01875 615046