

Midlothian Access Point (MAP)

Temporary closure

We are sorry to advise that due to the current Covid-19 , MAP is currently not running. We will re-open as soon as possible. In the mean time, please see below sources of support and information which you may find useful at this time:

Breathing Space – A free, confidential, phone line and website for people in Scotland who are feeling depressed or anxious. The phone line is open:

Tel: 0800 83 85 87

Monday – Thursday : 6pm to 2am

Weekends: Friday 6pm – Monday 6am

The Samaritans – A telephone line providing support for everyone, especially those who are suicidal or in crisis.

Tel: 116 123

www.samaritans.org

Open 24hrs a day, 365 day a year

Crisis response (Midlothian) –Run by Health In Mind. They will assist you in any appropriate way to resolve what is causing you concern. If needed, the team member can liaise with other agencies such as Housing, Emergency Social Work Service, the Intensive Home Treatment Team and other emergency services.

Tel: 0131 663 5533

It's open 363 days a year and operates:

Monday to Friday 4pm to 10pm

Saturday and Sunday 10am to 4pm

Midspace – An excellent website with details of all Midlothian based resources for people in difficulty and their families: www.midspace.co.uk

Citizens Advice Scotland - A service providing free and confidential advice and information whoever you are and whatever your problem: <https://www.cas.org.uk/>

NHS24 – Tel: 111 – Providing out of hours medical advice and information

In an emergency, always call 999

Please contact your GP should you require any further health related support

For additional information and advice, please contact Emma Young:

emma.young@health-in-mind.org.uk