



## Emergency Care information

The Mental Health Care Collective is **not** an emergency service. Please consider the options below in an emergency or a crisis.

### Nationally:

- ✚ Contact your local GP or NHS 24 on 111 (<https://www.nhs24.scot>)
- ✚ Attend your local A&E department, or dial 999
- ✚ Call a support line:
  - Breathing Space tel. 0800 838587 (<http://breathingspace.scot/>), 6pm-2am weekdays & 24hrs at the weekend
  - The Samaritans tel. 116 123 (<https://www.samaritans.org>), 24 hours
  - SANELine tel. 0300 304 7000 (<http://www.sane.org.uk>) 4.30pm-10.30pm

### Local to Lothian:

- ✚ NHS Lothian Mental Health Assessment Service (MHAS), an emergency mental health assessment service, tel. 0131 537 6000 (<https://www.nhsllothian.scot.nhs.uk/Services/A-Z/MentalHealthAssessmentService>), a 24 hour service.
- ✚ Edinburgh Crisis Centre, a support service for mental health crises, tel. 0808 801 0414 or text on 07974429075 or email to [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk) (<http://www.edinburghcrisiscentre.org.uk>), a 24 hour service.