

Edinburgh Counselling Booklet



There are various organizations and groups in Edinburgh offering free or low cost counselling. This booklet lists organizations offering general counselling. These services offer space to speak to a counsellor about any issue that you are finding difficult.

This booklet has been compiled by the Information Centre at Health in Mind.

Our Information Centre has up to date information about:

- Mental health services across the Lothians
- Self-help materials
- Factsheets and guides
- Wellbeing library and internet access

Please get in touch if you would like any more information.

Tel: 0131 243 0106 (10 am to 12.30 pm; 1.30pm to 4 pm, M-F)

Email: information@health-in-mind.org.uk

You can also find more information on www.EdSpace.org.uk

A promotional graphic for EdSpace. It features the "edspace" logo in red and blue text. Below the logo, it says "edspace is edinburgh's online source of mental health & wellbeing information". Further down, it lists "services • news • events • self-help newsletters • factsheets". On the right side, there is a portrait of a smiling man. At the bottom, a blue banner contains the text "find us online at edspace.org.uk".

edspace

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source of mental health &
wellbeing information

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Updated May 2017

Name and Address	Who is it for?	Cost	Contact
Arkordia Southside Centre 86 Causewayside Edinburgh EH9 1QG	Adults in Lothian	Contributions negotiated, starting at £8	07496 155 038 mail@arkordia.org www.arkordia.org
Contact Counselling 36 1f3 Montgomery Street, Edinburgh EH7 5JY	Adults in Lothian	Cost dependent on income, beginning at £25	0131 466 4597 enquiries@contactcounselling.co.uk www.contactcounselling.co.uk
Counselling in Communities Kirk o' Field 140 Pleasance Edinburgh EH8 9RR	Adults aged 16 and over in Lothian	Contributions negotiated, starting at £5	07724 152 557 info@cocoed.org.uk www.cocoed.org.uk
Bright Light 9a Dundas Street Edinburgh EH3 6QG	Adults in Edinburgh who are having difficulties in their relationships. Couples and individual counselling available.	Concessions from £30.	0131 556 1527 askus@bright-light.org.uk www.bright-light.org.uk
Crossreach Wallace House 3 Boswall Road Edinburgh, EH 5 3RJ	Adults in Lothian aged 16 or over. Young person's service available for those aged 4-18.	Sliding Scale according to income, starting at £5-10 per session.	0131 552 8901 ccl@crossreach.org.uk www.crossreach.org.uk
Feniks 151 London Road Edinburgh EH7 6AE	Adults in Edinburgh from the Polish community. Services can be delivered in English or Polish	Free	07510 122 425 info@feniks.org.uk www.feniks.org.uk
Health All Round 24 Westfield Avenue Edinburgh EH11 2QH	Adults living in Gorgie and surrounds only.	Dependent on service; contributions encouraged.	0131 337 1376 info@healthallround.org.uk www.healthallround.org.uk

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Health in Mind 40 Shandwick Place Edinburgh EH2 4RT	Adults living in Greater Craigmillar only	Free	0131 225 8508 contactus@health-in-mind.org.uk www.health-in-mind.org.uk
Hope Park 8 Hope Park Square Meadow Lane Edinburgh EH8 9NW	Adults in Lothian	Small contribution requested, starting at £2	0131 650 6696 counselling@hopepark.org.uk www.ed.ac.uk/schools-departments/health/hopepark/about/contact
LGBT Centre 9 Howe Street Edinburgh EH3 6TE	Adults identifying as LGBTQI+	Contributions encouraged but not required.	0131 523 1100 admin@lgbthealth.org.uk www.lgbthealth.org.uk
North East Edinburgh Counselling Centre, 31 Haddington Place Edinburgh EH7 4AG	People living in North East Edinburgh only. Young people's service for those aged 16-25.	Contributions encouraged but not required.	0131 557 4478 neecscounselling@btconnect.com www.neecscounselling.org.uk
PF Counselling 8 Balcarres Street Edinburgh EH10 5JB	Adults living in Edinburgh.	Contributions encouraged but not required.	0131 447 0876 info@pfcounselling.org.uk www.pfcounselling.org.uk
Pilton Community Health Project 73 Boswall Parkway Edinburgh EH5 2PW	People living in Greater Pilton only. Young person's service available for Craigroyston pupils	Contributions encouraged but not required.	0131 551 1671 admin@pchp.org.uk www.pchp.org.uk
Saheliya 125 McDonald Road Edinburgh EH7 4NW	Women from black and minority ethnic communities. Young people's service for girls aged 12-18.	Free	0131 556 9302 info@saheliya.co.uk www.saheliya.co.uk

Name and Address	Who is it for?	Cost	Contact
Stafford Centre 103 Broughton Street, Edinburgh EH1 3RZ	Adults aged 18+ in Edinburgh	Contributions encouraged but not required.	0131 557 0718 www.staffordcentre.org.uk
Wellspring Scotland 13 Smiths Place Edinburgh EH6 8NT	Adults in Lothian	Sliding scale according to income starting at £25 per session.	Tel: 0131 553 6660 mail@wellspring-scotland.co.uk www.wellspring-scotland.co.uk
Wester Hailes Health Agency Healthy Living centre 30 Harvesters Way Edinburgh EH14 3JF	Adults aged 16+ in Edinburgh	Free	Tel: 0131 453 9400 https://sites.google.com/a/whhealthagency.org.uk/home/home
Whole Works 5 Jackson Close, 209 Royal Mile Edinburgh EH1 1PZ	Adults in Edinburgh	Costs start at £35 per session. Some therapist offer concessions	Tel: 0131 225 8092 enquiries@thewholeworks.co.uk www.thewholeworks.co.uk