

Edinburgh Crisis Centre

24/7

Feeling distressed? Affected by others' distress?
Would you like help and support?



Freephone 0808 8010 414



0797 442 9075

We do not define a crisis. We will be guided by what this means to you. You can choose to remain anonymous when you contact us.

Edinburgh Crisis Centre

For 24 hour confidential help and support when you or someone you know is feeling distressed

FIRST CONTACT US



Freephone 0808 8010 414



0797 442 9075 or



crisis@edinburghcrisiscentre.org.uk

Following your initial contact we can discuss further options for support. This can include face to face meetings and the opportunity to stay overnight.

www.edinburghcrisiscentre.org.uk

Edinburgh Crisis Centres a partnership between



Edinburgh Carers Council registered charity SCO 28469
Penumbra registered charity SCO 10387