



These are difficult times for everyone but please know that you are not alone. We thought it might be helpful if we listed out a few of the organisations you can turn to for other help and support in case you need it.

Contact us if you need help and we can see what we can do!

## **Food**

### **Edinburgh Food Social**

We teach young people and communities about food but also support folk with food as much as we possibly can, in our home at Castlebrae and beyond.

07595 89 55 73

hello@edinburghfoodsocal.org

### **Empty Kitchens Full Hearts**

A day pack contains breakfast, lunch, dinner and a snack which you can heat up in the microwave or on the hob. Delivered to your home or available to collect from Leith Theatre.

07895347157

emptykitchens@hotmail.com

### **Volunteer Edinburgh**

If you can pay for shopping but unable to go to the shops a volunteer can do this for you.

0131 225 0630

taskforce@volunteeredinburgh.org.uk

## **Money**

### **Scottish Welfare Fund**

People on low incomes may be able to get a grant from the Council in the event of a crisis. Crisis grants do not have to be paid back (not a loan)

[www.mygov.scot/scottish-welfare-fund/](http://www.mygov.scot/scottish-welfare-fund/)

### **The Advice Shop**

They provide; debt advice, support to deal with credit card debts, bank loans, rent arrears

0131 200 2360

advice.shop@edinburgh.gov.uk

### **Energy Bills Support**

The government has launched an **emergency package with energy suppliers** to ensure people don't face any additional hardships in heating or lighting their home.

Contact your energy supplier.

## **Housing and Other**

**Mutual Aid** Find support groups in your local area. [www.covidmutualaid.org/local-groups](http://www.covidmutualaid.org/local-groups)

### **Shelter Scotland**

For advice and support around eviction, moving out, paying rent, mortgage arrears, claiming benefits, repairs and landlord access, gas and electricity bills.

0808 800 4444

[www.scotland.shelter.org.uk](http://www.scotland.shelter.org.uk)

### **Living Rent**

Scotland's tenant's union.

[www.livingrent.org](http://www.livingrent.org)

[Edinburgh@livingrent.org](mailto:Edinburgh@livingrent.org)

## **Mental Health**

### **Breathing Space**

A confidential phone line for anyone feeling low, anxious or depressed.

0800838587

[www.breathingspace.scot](http://www.breathingspace.scot)

### **Citizens Advice**

Welfare Rights (Benefits), Debt, Budgeting, Employment, Housing, Energy, Immigration, Consumer Rights and Health

Edinburgh: 0131 550 1000

Scotland-wide: 0808 800 9060

### **Scottish Association for Mental Health**

Provides quality assured mental health information

0344 800 0550,

[info@samh.org.uk](mailto:info@samh.org.uk)

### **Scottish Refugee Council**

An independent charity dedicated to supporting people in need of refugee protection

0141 223 7979

[www.scottishrefugeecouncil.org.uk/direct-support/](http://www.scottishrefugeecouncil.org.uk/direct-support/)

## **Domestic Violence**

### **Women's Aid**

Chat service for women experiencing domestic abuse  
0800 0271234

### **Rape Crisis**

Support available by phone. Online chat service, open from 10am-12pm  
0808 801 0302,  
support@rapecrisisscotland.org.uk

### **ASIST**

Provide telephone support service to women, men, children and young people affected by domestic abuse  
0141 276 7710  
assist@glasgow.gov.uk

### **Samaritans Scotland Helpline**

Whatever you're going through, a Samaritan will face it with you. Open 24 hours a day, 365 days a year  
116 123  
jo@samaritans.org

### **LGBTQ+ Health and Wellbeing**

LGBTQ+ helpline, email support and live chat on their website.  
0300 123 2523  
helpline@lgbthealth@org.uk

### **Childline**

Support for children and young people by phone, email and online chat  
0800 1111  
www.childline.org.uk/get-support/1-2-1-counsellor-chat/

If you need some support;

email us [hello@edinburghfoodsocal.org](mailto:hello@edinburghfoodsocal.org)

Call us on 07595 89 55 73

Find us on Facebook

We can always phone you for a chat if that would help, just send us your number!