

Carer Support Services- General Information on Health and Well Being

Listed below are some helpful phone numbers and websites which can help you to manage your health and well being at this time.

This information was correct in early May 2020 at the time of writing and we hope it is useful. Please be aware these opportunities may change over time. However, if you have any queries about this information or who can help you, **please contact the Edinburgh Carer Support Team on 0131-536-3371.**

Organisations	Services	
Edinburgh Vulnerable	For people who need support with food or medication deliveries and are: Over 70, have a disability, need support from mental health services, are pregnant, receive a flu jab for health reasons, don't have online access to get information. They will arrange the help or support you need either through council services, or volunteers or voluntary groups.	Tel. 0131 200 2306 Email: edinburghvulnerable@edinburgh.gov.uk
Breathing Space	If you are starting to feel overwhelmed, it's important to acknowledge your feelings and speak to someone you trust, whether that's a friend, a family member, your GP or a helpline such as Breathing Space. The website provides a range of information about mental wellbeing and links to other organisations.	Tel: 0800 83 85 87 Online
Chest Heart and Stroke	From friendly 'kindness' calls to check in on you regularly, to dog-walking, shopping or medication deliveries, Kindness Volunteers are here to make sure you can stay safe and well in your own home.	Tel: 0808 801 0899 Online
Mental Health Foundation	An on line tool which provides generic advice including information on e.g. staying connected with family and friends; being active; tips on stress management and on keeping a daily routine.	Online
Foundation for Positive Mental Health	An on line tool to help with reducing stress and anxiety and can be accessed by downloading the Feeling Good app from the website	Online
Young Scot	Find out more about what you can do if you are a young person feeling anxious and worried, and how you can support others in your community.	Tel: 0808 801 0338 Online