

Help and support

- **Breathing Space**
www.breathingspace.scot
- **NHS 24**
www.nhs24.scot
- **Samaritans**
Phone 116 123
Or self help online
selfhelp.samaritans.org

Further Information and resources

- See Me - seemescotland.org
- SAMH - samh.org.uk
- Black Minds Matter - blackmindsmatteruk.com
- Shakti Women's Aid - shaktiedinburgh.co.uk
- LGBT Health and Wellbeing - www.lgbthealth.org.uk
- Penumbra - www.penumbra.org.uk

