

Useful Addresses – Counselling Services

ABUSE, RAPE AND SELF-HARM/SELF-INJURY SERVICES

Childline

www.childline.org.uk

Children 1st

www.children1st.org.uk

Kidscape

www.kidscape.org.uk

NSPCC

www.nspcc.org.uk

Survivors UK

www.survivorsuk.org/

ADDICTION SERVICES

Al-Anon Information Centre

www.al-anonuk.org.uk

Alcohol Change UK

www.alcoholchange.org.uk

Leaflets available online here:

<https://alcoholchange.org.uk/alcohol-facts/fact-sheets>

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

Gamblers Anonymous UK

www.gamblersanonymous.org.uk

Public Health England

<https://www.gov.uk/government/organisations/public-health-england/enquiries@phe.gov.uk>

Talk to FRANK (National Drugs Helpline)

www.talktofrank.com

ADOPTION SERVICES

Adoption and Fostering Alliance Scotland

www.afascotland.com

Office of National Statistics: Adopted Children Register

<http://www.direct.gov.uk/en/Governmentcitizensandrights/Registeringlifeevents/Birthandadoptionrecords/Adoptionrecords/index.htm>

DIVORCE, MEDIATION AND LONE PARENT SERVICES

Families Need Fathers

www.fnf.org.uk

Gingerbread

www.gingerbread.org.uk

One-Parent Families Scotland

www.opfs.org.uk

EATING DISORDER SERVICES

The National Centre for Eating Disorders

www.eating-disorders.org.uk

FERTILITY SERVICES

British Fertility Society Secretariat

www.britishfertilitysociety.org.uk

LOSS AND BEREAVEMENT SERVICES

Child Death Helpline

www.childdeathhelpline.org.uk

Cruse Bereavement Care

www.cruse.org.uk

Cruse Bereavement Care Scotland

www.crusescotland.org.uk/

The Lullaby Trust

www.lullabytrust.org.uk

Leaflets, publications and factsheets can be downloaded here
<https://www.lullabytrust.org.uk/professionals/publications/>

Miscarriage Association

www.miscarriageassociation.org.uk

Stillbirth and Neonatal Death Charity (SANDS)

www.sands.org.uk

MENTAL HEALTH SERVICES

Association for Post Natal Illness (APNI)

www.apni.org

Mind

www.mind.org.uk

The ME Association

www.meassociation.org.uk

SENIOR CITIZENS

Age Scotland

www.ageuk.org.uk/scotland

Hourglass

<https://wearehourglass.org/>

VICTIMS OF CRIME

Victim Support West Lothian

www.victimsupport.scot

GENERAL COUNSELLING SERVICES

British Association for Counselling and Psychotherapy

www.bacp.co.uk

The Edinburgh Institute for Counselling & Psychotherapy

www.eicp.org

First Psychology Centre Edinburgh

www.edinburghtherapy.co.uk

The Institute of Counselling

www.instituteofcounselling.org.uk/

NHS Mental Wellbeing

[Mental health - NHS](#)

Patient UK

https://patient.info/search.asp?searchTerm=self+help&collections=Condition_Leaflets

Relate

www.relate.org.uk

Relationships Scotland

www.relationships-scotland.org.uk/about_what.shtml

Samaritans Scotland

www.samaritans.org/samaritans-in-scotland

Saheliya

www.saheliya.co.uk

Terrence Higgins Trust Scotland

www.tht.org.uk