

New East Lothian Mental Health Line

The new ELHSCP Mental Health line is open from 09.00 to 16.00, Monday to Friday. You don't need a referral from a GP or other clinical professional to use it. It's for anyone aged 18 and over. If you are feeling anxious, depressed or have other worries about your mental health, call us on **01620 642 963** between 09.00 and 16.00, Monday to Friday. An experienced worker will take your details and make an appointment for you to speak to a specialist mental health practitioner, who will ring you back at a time that is convenient for you within the next 36 hours. The practitioner will assess you over the phone, and provide help and support and sometimes a referral onto other services.

This service is **not** designed for:

- People already being seen regularly by a Community Mental Health Nurse in the Community Mental Health Team
- People who are experiencing a mental health emergency – in this case, please phone your GP or **111** immediately

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