

Edinburgh, Lothian's Veteran Information & Support

Email – loth.veterans.enquiries@nhs.scot

PSYCHOLOGICAL AND MENTAL HEALTH SUPPORT:

If you are experiencing mental health difficulties, we would recommend in the first instance discussing these in a consultation with your GP. They will be able to facilitate the most appropriate referral to local NHS mental health services.

We have also included a range of partners that provide specific mental health support for veterans.

MENTAL HEALTH & WELLBEING SUPPORT Provides support to veterans	Walking With The Wounded Website: www.walkingwiththewounded.org.uk	Supports All Veterans	Contact through online form Covers Nationally
CRISIS SUPPORT Can help find a home, help finding work and help looking after your health and wellbeing	Crisis Skylight Edinburgh Email: edinburgh@crisis.org.uk Tel: 0131 209 7700 Address: Cranston House, 271 Canongate, Edinburgh, EH8 8BQ	Supports Individuals in Crisis & families	Monday-Friday 09:30-15:30 Covers Edinburgh & Lothians
MENTAL HEALTH SUPPORT Provide clinical treatment and support focusing on those with complex mental health issues resulting from their experiences during military service	Combat Stress Tel: 0800 138 1619 Serving personnel and their families can call Tel: 0800 323 4444. Text: 07537 173 683 Email: helpline@combatstress.org.uk	Supports Veterans and families with service related mental health condition,	Anytime Covers Nationally
MILITARY RELATED PTSD SERVICE The aim of our charity is to help support our Armed Forces, Emergency Services and Veterans including their Families and Dependants who are suffering from Post Traumatic Stress Disorder (PTSD)	Who Dares Cares Email: wdc@who-dares-cares.com Facebook: Who Dares Cares	Supports All Veterans with service related injuries	Everyday (working day) Covers Nationally
24HR NON MEDICAL CRISIS CENTRE Centre for Help, Response and Intervention Surrounding Suicide	Chris's House Email: info@chrisshouse.org Tel: 01236 766755	Support for anyone in crisis	Anytime
MENTAL HEALTH SUPPORT Supports anyone having mental health difficulty and in hard-to-reach rural areas across Scotland.	Change Mental Health 6 Newington Business Centre, Dalkeith Road Mews, Edinburgh, EH16 5GA Tel: 0300 323 1545/ 0131 662 4359 Email: advice@changemh.org	Supports anyone	Anytime Covers Edinburgh & Lothian's
MENTAL HEALTH SUPPORT Help for Heroes is a leading Armed Forces and veterans' charity in the UK. We can help our veterans and their families live well after service.	helpforheroes Email: GetSupport@helpforheroes.org.uk X (Formerly Twitter: @HelpforHeroes)	Supports all Veterans & family members	Monday to Friday 0900 – 1630 National

EDINBURGH CRISIS CENTRE If you're experiencing a mental health crisis and need to talk to someone, please contact our friendly, confidential team	Edinburgh crisis centre Tel: 24/7 Support 0808 801 0414	Support for anyone in crisis	Anytime
LIFE COACHING One to one coaching for veterans and affected family	Rock2Recovery Email: support@rock2recovery.co.uk Tel: 01395 220 072	Supports Veterans & family members	Monday-Friday 09.00 – 17.00
MENTAL HEALTH SUPPORT An innovative new strategy for improving the mental health and wellbeing of all in Edinburgh.	iThrive Locations	Offers support for everyone	Check website for locations & timings

PHYSICAL HEALTH SUPPORT			
PHYSICAL INJURY Pain Management, Mentoring and mental health support available.	Supporting Wounded Veterans Tel: 07909090291 Email: info@supportingwoundedveterans.com	Supports All Veterans with a physical injury.	Anytime
HOSPITAL TRANSITION TEAM Providing support to any member of the veterans' community currently in hospital or due to be discharged back to the community.	Defence Medical Welfare Services Tel: 07789982621 Email: referrals@dmws.org.uk	Supports All Veterans, family members and Emergency service members	Monday to Friday 9.00am – 5.00pm Covers Nationally
HEARING LOSS Charity dedicated to supporting veterans who suffer from hearing loss and associated tinnitus.	UK Veterans Hearing Foundation Telephone: 01455 248900 Email: info@veteranshearing.org.uk	Supports All Veterans with hearing loss & family members	Monday – Friday 0900 - 1630
VISUAL IMPAIRMENT Supports veterans with Sight loss and support you to adapt to sight loss, restoring your confidence and regaining independence.	Sight Scotland Website: www.sightscotland.org.uk Tel: 0800 035 6409	Supports All Veterans with visual impairment & family members	Contact for details
LIMBLESS VETERANS Provides practical, emotional and financial support.	Blesma Tel: 020 8590 1124 Email: info@blesma.org	Supports All Veterans that have lost a limb & family members	Contact for details

SUBSTANCE MISUSE & GAMBLING			
DRUG & ALCOHOL RECOVERY One stop shops that offer a full range of drug and alcohol treatment and support services	Edinburgh Alcohol & Drugs Services Drop - ins NW Edinburgh 0131 332 2314 SW Edinburgh 0131 453 9406 NE Edinburgh 0131 554 7516 SE Edinburgh 0131 661 5294	Supports anyone struggling with addiction	Contact for Drop-in timings
UK SMART Recovery Alcohol, Drugs, Gambling or online shopping Online group and Face to Face Meetings now available.	SMART Veterans Programme Website: www.smartrecovery.org.uk	Supports All Veterans & family members	Check website for location and timings
RECOVERY FOCUSED SERVICE This includes assertive outreach, initial engagement, community and residential crisis and stabilisation.	Turning Point Scotland Tel: 0800 652 3757 Email: info@turningpointscotland.com	Supports anyone struggling with addiction	Check website for location and timings
GAMBLING RECOVERY RCA Trust are the main support provider for gambling-related harms in Scotland.	RCA Trust Tel: 0141 887 0880 Email: info@rcatrust.org.uk	Supports anyone struggling with gambling addiction	Anytime

WELFARE SUPPORT SERVICES: GERNERAL			
PoppyScotland Supports the Armed Forces community in Scotland, including serving and ex-serving personnel and their families.	Poppyscotland Tel: 0131 550 1557/0808 802 8080/1212 Email: info@britishlegion.org.uk .	Supports All Veterans & family members	Monday – Friday 09.00 – 17.00
SSAFA Provides practical, financial and emotional support.	SSAFA Website: www.ssafa.org.uk Tel: 0800 260 6767	Supports All Veterans & family members	As Required
FRESH START Works directly with people to prevent poverty and homelessness.	FreshStart Tel: 0131 476 7741 Email: admin@freshstartweb.org.uk	Offers support to all members of the community	As Required
HEALTH & WELLBEING Offering support to serving and former Royal Marines.	The Royal Marines Charity Call: 0800 468 1664 Email: welfareteam@rma-trmc.org	Supports All Veterans & family members	As Required
VETERANS UK The MOD helpline provides assistance on many issues, benefits, housing, welfare and pension advice.	veterans uk Tel: 0808 1914 218 Website: www.gov.uk Email: veterans-uk@mod.gov.uk	Supports All Veterans & family members	Monday-Friday 8am-4pm National

CAB Scotland's leading advice charity. Helping people solve their problems.	Citizens Advice Telephone: 0800 028 1456 Website: www.cas.org.uk	Offers support for everyone	Check website for locations and drop-in times
WELFARE SUPPORT SERVICES: HOUSING & EMERGENCY HOSTEL ACCOMODATION			
HOUSING SUPPORT Assist Veterans who are homeless or at risk of becoming homeless.	Homeless Veterans Project Call: Alex/Donna on 07498378563/4 Email: homelessveteransproject1945@gmail.com	Supports All Veterans	As Required
Op FORTITUDE SCOTLAND Supporting veteran to stay in their current homes or into veteran supported housing.	Op FORTITUDE Tel: 08009520774	Supports All Veterans	As Required
SVR Providing accommodation and support to Veterans who are homeless, or at risk of homelessness.	Scottish Veterans Residences Whiteford House, 53 Canongate, Edinburgh EH8 8BS. Tel: 0131 556 6827 Email: info@svronline.org Online referral form: housing-enquiry	Supports All Veterans	Anytime
HOUSING OPTIONS SCOTLAND Expert advice and support for complex needs.	Housing Options Scotland Website: www.housingoptionsscotlandond.org.uk Tel: 0131 510 1567	Offers support for everyone	As required
VHS Providing homes for disabled veterans	Veterans Housing Scotland Website: www.vhscot.org.uk Tel: 0131 557 1188 Email: admin@vhscot.org.uk	See website for criteria	Anytime
HAIG HOUSING SCOTLAND Provides homes to veterans	Haig Housing Website: www.haighousing.org.uk Tel: 020 8685 5777	See website for criteria	Anytime

WELFARE: EMPLOYMENT			
EMPLOYMENT SUPPORT Provides job opportunities, and training to Service leavers, veterans, reservists and their families.	Forces Employment Charity Website: www.forcesemployment.org.uk Tel: 0121 262 3058	Supports employment seeking Veterans & family members	Self Referral <u>Covers Nationally</u>
WELFARE: LEGAL			

LEGAL SUPPORT Help veterans with any legal enquiries.	<u>Solicitors for the Armed Forces Community (Scotland)</u> Contact: Lesley Stewart, Solicitor (former WRNS/RN) Email: SFAFCS@outlook.com Call: 07905 798016	Supports All Veterans & family members	As Required
MENTORING Veterans in or at risk of becoming involved in the criminal justice system	<u>Sacro Mentoring Service</u> Email veterans@sacro.org.uk Point of Contact is Andy Gray.	Supports All Veterans & family members	Anytime

REDUCING LONLINESS AND ISOLATION: GENERAL SUPPORT

THERAPEUTIC TAXI SERVICE Providing FREE transport to access services.	<u>Vector24</u> Tel: 0141 266 6000 Website: www.vector24.co.uk	Supports All Veterans & family members	Everyday Edinburgh & Lothians
BEFRIENDING Support all over Scotland to veterans living with Isolation & Loneliness	Legion Scotland Veterans Community Support Service Email: support@legionscotland.org.uk	Supports all Veterans	Monday-Friday 09.00 – 17.00
LOTHIANS VETERANS CENTRE Offering a safe, supportive environment where likeminded people can share experiences, gain professional and peer support in a home from home setting, breaking down barriers of social exclusion and promoting comradeship.	<u>Lothians Veterans Centre</u> 11 Eskdail Court Dalkeith, EH22 1AG Pauline: 07443 878993, Kevin: 07745 585388, Eilidh: 07596 321644 Office: 0131 660 5537 Email: contact@lvc.scot Facebook: @LothiansVets	Supports all Veterans & family members Lothians and Edinburgh	Monday - Friday 10.00 – 1600

REDUCING LONLINESS AND ISOLATION: ACTIVITIES

FREE DRAMA PROJECT suitable for Veterans and their families	<u>Stand easy productions</u> Email: markstandeasyproductions@gmail.com Facebook: Stand Easy Productions	Supports All Veterans & family members	Specific times and dates vary contact for more information
EQUINE THERAPY A charity set up to empower service personnel & Veterans suffering from life-changing injuries and PTSD, and to aid them on their road to recovery	<u>Horseback UK</u> For further information or to apply for a course please contact Email: info@horseback.org.uk	Supports All Veterans & family members	Contact for more Information.
SOCIAL SUPPORT GROUP Providing Armed Forces, Veterans and Public Services with models tailored to their interests to support mental wellbeing.	<u>Models for Heroes</u> Website: www.modelsforheroes.org.uk	Supports all Veterans, family members	Anytime

ONLINE ACTIVITIES			
Mental health support website Wellbeing therapeutic tools and resources tailored to veterans	Headfit	Supports all Veterans & families	Anytime
ONLINE CLASSES Photography, Fitness & Yoga 1-2-1 Singing Sessions , Art Class, Guitar Lessons, Theatre Development Workshop	Soldier's Arts Academy Email: info@soldiersartsacademy.com	Supports all Veterans & family members	Times and dates vary.
INFORMATION SITE Information and tools to help with mental health and wellbeing.	NHS inform	Supports everyone	Anytime
WELLBEING COURSES Wellbeing Coaching Lifestyle Management Course Mindfulness Physical Activity Support	Thistle Foundation 13 Queens Walk, Edinburgh, EH16 4EA Email: referrals@thistle.org.uk	Supports all Veterans & family members	Contact for more information
A safe, online community where people support each other anonymously to improve mental health and wellbeing.	Together all Veterans can register for free on the website	Supports all Veterans	Anytime
Free online mental wellbeing training courses	Finding it tough Contact: 0800 018 2361 Facebook: RAF Association Website & to Book online	Supports All Veterans	Mon-Fri 09.00 – 17.00

Support for Wider Veteran Community			
Families			
FORCES CHILDREN SCOTLAND Support for children and young people from serving, reservist and veteran families across Scotland.	Forces Children Scotland Tel: 01313227350 Email: admin@forceschildrenscotland.org.uk Twitter: @forceschildscot	Supports all Veterans & family members	As Required
SHARED PARENTING SCOTLAND Shared parenting takes a flexible, child-centered approach.	Shared Parenting Scotland Tel: 0131 557 2440 Email: info@sharedparenting.scot	Supports all	As Required
Pastoral Care			
VETERANS CHAPLAINCY SCOTLAND Pastoral care to veterans and their families promoting hope, healing and acceptance.	Veterans Chaplaincy Scotland Call: 07521 63 88 48 Email: vcs@wpcscotland.co.uk	Supports all Veterans & family members	As Required
CAPS Independent Advocacy is bringing together veterans interested in using their shared experiences to improve the services offered to military veterans and their families in Scotland.	CAPS Veteran Advocacy For more information Email: steven@capsadvocacy.org	Supports All Veterans & family members	As Required

SUPPORT FOR SPECIFIC VETERAN POPULATIONS			
LGBTQI+			
LGBTQI+ Working to improve physical, social, and mental health and wellbeing of LGBTQ+ adults (16+) in Scotland	LGBT Health and Wellbeing Duncan Place Community Hub 4 Duncan Place, Edinburgh EH6 8HW admin@lgbthealth.org.uk	Supports members of the LGBTQ+ community	Monday–Friday 9am - 5pm
LGBTQI+ SUPPORT is a ‘lived experience’ LGBT+ charity, supporting those seeking help and a resource for those who seek to help them.	Fighting With Pride Twitter: @fightingwpride Facebook: @fightingwithpride	Supports LGBTQ+ Veterans	As Required
Female Veterans			
DMWS Free online counseling for female veterans	DMWS female Veterans Email: seenandheard@dmws.org.uk	Supports female veterans	As required
Age Scotland			
AGE SCOTLAND Scottish charity for older people, provides health and wellbeing and a range of services.	AgeScotland Website: www.agescotland.org.uk Tel: 0800 12 44 222	Supports Veterans 60+	As required
COMRADSHIP CIRCLE Connect with a group of other armed forces veterans through a weekly phone call. Veterans aged 50+ or their partners	Comradeship Circle Tel: 0800 12 44 222 Email: veteransproject@agescotland.org.uk	Supports Veterans 50+	Allocated

Key webs pages that may be helpful:

[Health rights for veterans in Scotland - Health rights | NHS inform](#)

[Research - Centre for Evidence for the Armed Forces Community](#)

[Veterans Assist Scotland](#)

[GOV.UK: Find more information and get in touch with the Veterans Welfare Service](#)

NHS Lothian Teams Channel [Military Related Information](#) in “Veterans Training and Resources”

FREE DOWNLOADABLE APPS		
	PTSD Coach	PTSD Coach app provides you with education about PTSD. It was designed for those who have or may have Post Traumatic Stress Disorder.
	Samaritans Veterans	Samaritans Veterans app, Out to You, provides UK, Military Service Leavers and Veterans with Emotional health and well-being information, guidance and resources. Out to You is designed to give you the tools to identify and navigate the emotional health challenges experienced when transitioning out of the military and in your life beyond the forces.
	Happify	Happify is a science based activities and games app which can help you overcome negative thoughts, stress and life's challenges.
	Self-Help for Anxiety Management	Self-Help for Anxiety Management (SAM) is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.
	Mind Shift	Mind Shift is a totally free based anxiety tool which uses proven strategies based on Cognitive Behavioural Therapy (CBT).
	Calm	Calm app is for Sleep, Meditation and Relaxation. It is also the perfect mindfulness app for beginners but includes programmes for intermediate and advanced users.
	Headspace	Headspace is your guide to everyday mindfulness in just a few minutes a day.

VETERANS IN EDINBURGH

HELP FOR HEROES CAFE

Working with all ex-service personnel
and their families, no need to book.
Come along and see what's on!

The Food Court at Gyle Shopping Centre
Fourth Tuesday of the month 2pm - 3.30pm

**HELP for
HEROES**



Help for Heroes is a charity registered in England and Wales (1120920) and Scotland (SC044984).

VETERANS IN EDINBURGH

ARMED FORCES COFFEE MORNING

Working with all ex-service personnel
and their families, no need to book.
Come along and see what's on!

Fresh Start Hub, Ferry Road Drive, EH4 4BR
Second Monday of the month 11am - 12.30pm

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VETERANS IN EDINBURGH

HELP FOR HEROES CAFE

Working with all ex-service personnel
and their families, no need to book.
Come along and see what's on!

Costa Coffee beside The Range, EH15 3QH
Second Wednesday of the month 11am - 12.30pm

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Fresh Start Volunteer Placement Programme (VPP)

A short-term, structured volunteering opportunity designed to build skills, confidence and routes into paid work, college or further volunteering.

Programme Overview

The Volunteer Placement Programme offers a supportive, practical opportunity for people to gain recent experience across our service areas while contributing to the local community.

It is designed to help participants develop workplace skills, increase confidence, establish routines and build evidence of experience to support future applications for paid work, training, college or further volunteering.

Placement Structure

Placements will run for a maximum of three months and are designed to be manageable, flexible and meaningful.

- Participants will usually volunteer for one to two sessions per week.
- Each session will last between two and four hours.
- The total placement commitment will not exceed 48 hours.
- Group volunteering opportunities.
- One-to-one coaching sessions.

Referral and Assessment

Potential participants can be referred by another organisation or make a self-referral by emailing sylvia@freshstartweb.org.uk or calling 07955 315340.

An initial assessment will then be arranged to discuss suitability, interests, support needs and availability.

Service Areas

Participants can volunteer across a range of service areas, depending on availability, interests, support needs and organisational requirements. These may include:

- Pantry and retail-based activities
- Starter packs and warehouse tasks
- Gardening and outdoor work
- Cooking and food-related activities
- Painting services

Who the Programme Supports

The programme is intended for people who would benefit from a structured, welcoming route back into activity, community involvement or work-related experience. This may include:

- Young people aged 16 to 24 who have limited work experience
- Veterans who have been out of work or who may be socially isolated
- People who would benefit from increased confidence, social connection and community presence
- People who have completed an intermediate ESOL course and want to improve their English through community participation
- People who have been out of work for some time, including those affected by mental health challenges or people in early recovery

Expected Outcomes

The programme aims to support participants to:

- Increase social connection and engagement within their local community
- Improve confidence, wellbeing, and daily structure
- Become better prepared to progress into paid work, education, training, or further volunteering

By the end of the placement, participants should:

- Have completed a structured volunteering placement (up to 48 hours)
- Demonstrate increased confidence and workplace readiness, (revisit self-reported scale)
- Evidence development of transferable skills (e.g. communication, teamwork, reliability)
- Have a clear next step or progression pathway identified

Cyrenians

COMMONWEALTH ARMED FORCES COMMUNITY

**Tell us what Activities, Events and Services
would help you and your family this coming
year!**

We want to hear from you!!!

**Scan QR CODE,
Fill out the quick form,
Leave your EMAIL
and
be in for a chance of
winning prizes!**



[https://forms.cloud.microsoft/
e/HmnBRCrnUy](https://forms.cloud.microsoft/e/HmnBRCrnUy)



Scottish Government
Riaghaltas na h-Alba

Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO) Registered Charity SC011052

cyrenians

RAINBOW RESET

Relaxing, creative and horticultural
workshops for the LGBTQIA+ community
with a Military Connection.

Saturdays 11am - 1pm
Linburn Walled Garden, EH27 8DU

15th August

Laughter Yoga

19th September

Nature Art

17th October

Sound Bath and Meditation

21st November

Christmas Wreath Making

FREE

RSVP: Veterans@cyrenians.scot



**THE ARMED FORCES
COVENANT FUND TRUST**

**Scotland's
Veterans
Wellbeing
Alliance**



**Scottish Government
Riaghaltas na h-Alba**

Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO) Registered Charity SC011052

Samaritans: 116 123

Breathing Space: 0800 83 85 87

Forcesline: 0800 260 6780

Combat Stress: 0800 138 1619



Linburn Walled Garden

WOMENS RISE AND RENEW

Wellbeing workshops for women with a military connection

Forest Bathing	Sat 12th Sept	11am-1pm
Seed Saving	Thurs 24 th Sept	10am-12pm
Nature Art	Sat 10th Oct	11am-1pm
Hard wood cutting/Pruning	Thurs 29th Oct	10am-12pm
Sound bath and Meditation	Sat 7th Nov	11am-1pm
Wreath Making	Thurs 25 th Nov	10am-12pm

@Linburn Walled Garden, Wilkieston EH27 8DU



RSVP: veterans@cyrenians.scot



Scotland's
Veterans
Wellbeing
Alliance

THE ARMED FORCES
COVENANT FUND TRUST
Funded by HM Government

Scottish Government
Riaghaltas na h-Alba

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Breathing Space: 0800 83 85 87

Forcesline: 0800 260 6780

Combat Stress: 0800 138 1619

Health rights for veterans
NHS inform



**Have you served in the UK Armed Forces?
Say You Served.**

It could change the support you receive.
Tell your GP practice about your military service.

VS | **Veterans
Scotland**
The voice of military charities