

### A Counselling Service in the Scottish Borders

We are currently running counselling skills, diploma training and personal development courses.

To build on our success in this training we are offering a totally confidential counselling service, which is available to anyone living or working in the Scottish Borders.

Let's Talk Counselling Service  
FREEPHONE 0800 3893416

Let's  
Talk

### The Big River Project

The Big River is a confidential outreach service jointly funded by Social Work Services and NHS Borders.

It is managed by Turning Point Scotland and provides advice, information and support to people whose lives are affected by drug and alcohol.

Big River Project  
79 High Street  
Galashiels TD1 1RZ  
Tel. 01896 759740

Biriver\_admin@turningpointscotland.com



### Borderline Telephone Support Service

Borderline is a FREEPHONE out-of-hours support service for people in the Borders who are struggling with emotional distress. If you need someone to talk to in confidence, please give us a call—we are here to listen.

FREEPHONE 0800 027 4466  
7–10pm Monday to Friday and  
6–10pm Saturday and Sunday.

Talk about it—life after  
childhood sexual abuse.

FREEPHONE 0800 1214910

Mondays and Fridays from 12–3pm



Do you or does someone close to you experience mental ill-health or related issues? If you do then New Horizons maybe able to help you in your recovery. We are a User-led Network providing support and opportunities for adults experiencing mental health difficulties in the local community.

Main Office and Drop-in Centre  
3 Market Place  
GALASHIELS TD1 3AD  
Tel. 01896 755510  
admin@newhorizonsborders.wanadoo.co.uk

### The Princess Royal Trust Borders Carers Centre

...is a free, confidential, independent and impartial service for carers and former carers. The help includes:

- Advice and information on services, benefits, respite, holidays, support groups and much more
- A listening ear and emotional support
- Help to access services, support groups, home visits
- Access to funding/grants/training,
- A regular newsletter,
- A drop in facility,
- Social activities,
- Volunteering opportunities

The PRT borders carers centre also provides support and time out for young carers through a series of group work, one to one sessions and school support.

Roxburgh House, Roxburgh Street,  
Galashiels TD1 1NY

Tel: 01896 752431

Email:

centre@borders.carers.net

www.carers.org



The Princess Royal Trust  
for Carers

### Borders Asperger & Autism Group Support

We offer support, advice, advocacy, information and friendship to persons with Asperger syndrome, autism, and related behaviours. We are a group run by volunteer parents and people who work with autistic children.

www.baags.co.uk Email: baagsmail@aol.com  
Tel. 01896 668961



### Penumbra Youth Project

Penumbra Youth Project is a community based mental health project working with 16-21 year olds in the Scottish Borders.

The Project offers advice and support to young people who experience a range of difficulties such as stress, isolation, family breakdown, self harm & suicidal behaviour, homelessness, sexual abuse, pregnancy, anxiety & panic attacks, drug & alcohol issues, peer pressure and exam stress. Young people are referred by a variety of agencies and can also self refer.

Penumbra Youth Project

47b Ladhope Vale  
Galashiels TD1 1BW

Te. 01896 751177

E-mail: bordersyp@penumbra.org.uk



**BIAS** supports people to get information, assert their rights and participate in and influence decisions which affect their lives.



BIAS also supports people at meetings like Mental Health Tribunals, Children's Panel hearings and Case Conferences.

Low Buckholmside, Galashiels TD1 1RT  
Tel. 01896 752200  
Email: [info@bordersadvocacy.org.uk](mailto:info@bordersadvocacy.org.uk)

**Addaction** is a new, Borders wide direct access service for people with alcohol problems. Assessments and support will be provided on an individual basis in the community using Cognitive Behavioural Therapy and solution focused approaches.



A number of peer groups will also operate across the Borders as Addaction Scotland believe that people have the resources, expertise and experience to help themselves and help others.

Borders Direct Access Service, 9 Bank Street,  
Galashiels TD1 Tel. 01896757843  
Email: [.maxwell@addaction.org.uk](mailto:.maxwell@addaction.org.uk)

### Scottish Association for Mental Health - Borders Support Services

SAMH offers a recovery focused one-to-one service to people experiencing mental ill-health across the Scottish Borders.

SAMH support workers assist service-users in their day-to-day life, enabling people to regain lost skills and maintain tenancies whilst becoming valued, included members of their local communities.

For further information, tel:  
01835 823223; email:  
[Julie.karp@samhservices.org.uk](mailto:Julie.karp@samhservices.org.uk)



### Post Natal Depression Service

Our service helps women to have a better understanding of their distress and the causes of their depression, and to find ways of overcoming their difficulties.

We provide individual Counselling and Art Therapy, Therapy Groups and Infant Massage classes, with crèche facilities alongside.

For more information contact your health visitor or Post Natal Depression service direct at:

Post Natal Depression Service  
East Lodge  
Elm Row  
Galashiels TD1 3HT  
Tel. 01896 754268  
[pndborders@crossreach.org.uk](mailto:pndborders@crossreach.org.uk)



### Borders Voluntary Community Care Forum

The BVCCF is an independent voluntary organisation set up to represent the interests of people who use services and their carers and local voluntary organisations in the planning and provision of community care.

The Mental Health and Well Being Forum is open to all service users and carers of mental health services, voluntary organisations and interested members of the public.

We have a new Mental Health and Well Being Carers Group.

If you would like to know more please contact us: 34 Woodmarket,  
KELSO TD5 7AX  
Tel. 01573 226969  
Email: [admin@bvccf.org.uk](mailto:admin@bvccf.org.uk)  
[www.bvccf.org.uk](http://www.bvccf.org.uk)



**Large Print and Taped Version  
Available on Request**

BORDERSPRINT - SELKIRK 01750 23200

BVCCF April 2008

“Here To Help You”



**Useful Mental Health Contacts  
in  
The Scottish Borders  
for  
Information & Support**

