



Mental Health Information Station

Help for Ukrainian nationals in Edinburgh

We list below some of the information resources which may be helpful to families coming to the city and those welcoming Ukrainian nationals.

Edinburgh City Council - Supporting Ukraine and its people

W: <https://www.edinburgh.gov.uk/ukraine>

Arrivals from Ukraine: advice for primary care - GOV.UK (www.gov.uk)

W: <https://www.gov.uk/government/publications/arrivals-from-ukraine-advice-for-primary-care/arrivals-from-ukraine-advice-for-primary-care>

Barnardo's Ukraine Helpline

<https://www.barnardos.org.uk/what-we-do/services/barnardos-ukrainian-support-helpline>

Communicating

English for Speakers of Other Languages classes and support

Those looking for information on English language courses in Edinburgh should go to:

W: <https://www.edinburgh.gov.uk/esol>

Leith Conversation Cafes: Chances to make friends and practice your english:

W: <https://feniks.org.uk/services/leith-conversation-cafes/>

The Welcoming: The Welcoming is a kind place full of interesting people. Wonderful teachers! You can learn without being judged. When I arrived in Scotland I didn't speak English, just 'hello', 'yes', 'no'!

W: <https://www.thewelcoming.org/>

English Snacks: 60 English Snacks videos on City of Edinburgh's YouTube channel. The short videos are suitable for students new to English.

W: <https://www.youtube.com/EnglishSnacks>

Health Services

A guide to NHS Scotland services for displaced persons from Ukraine

W: <https://www.edinburgh.gov.uk/downloads/file/30875/a-guide-to-nhs-scotland-services-for-displaced-persons-from-ukraine>

Mental Health Ukraine crisis resources (rcpsych.ac.uk)

W: <https://www.rcpsych.ac.uk/international/humanitarian-resources/ukraine-crisis-resources>

Crisis Centre: Are you experiencing a mental health crisis?

W: <https://edinburghcrisiscentre.org.uk/>

Trauma

Free Ukrainian, Polish, And Russian Translations Of Trauma And PTSD Psychoeducational Resources - Psychology Tools

W: <https://www.psychologytools.com/articles/free-ukrainian-translations-of-trauma-and-ptsd-psychoeducational-resources/>

Supporting Adults Affected by Traumatic Incidents (British Psychological Society)

W: <https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Sections/Crisis/Supporting%20Adults%20involved%20in%20major%20incidents%20V2.pdf>

Advice and guidance

Mental Health Information Station

W: <https://services.nhslotian.scot/mentalhealthinformationstation/Pages/default.aspx>

Children and Young People

Childline

W: <https://www.childline.org.uk/info-advice/>

Shout

Children and young people can also text Shout to 85258, a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope

6VT

Ukrainian young people age 12-21 living in or near Edinburgh, who might want to come along to 6VT Youth Service. We are open throughout all the school holidays and every other week of the year.

W: <https://www.6vt.info/>

Finding your way round Edinburgh

Lothian Buses: This bus company operates over 70 services in Edinburgh and the surrounding areas of Midlothian, East Lothian and West Lothian.

W: <https://www.lothianbuses.com/>

Bikes for Refugees Scotland

W: <https://www.bikesforrefugees.scot/>

Inner Tube Map

W: <https://www.innertubemap.com/>

Local Help - Facebook

Help Ukraine Scotland, Edinburgh - Facebook Group

W: <https://www.facebook.com/groups/helpukrainescotland/>

Association of Ukrainians in Edinburgh (AUGB)

W: <https://www.facebook.com/AUGBEdinburgh/>

National Help Services

Scottish Refugee Council

W: <https://www.scottishrefugeecouncil.org.uk/>

Red Cross Help for Ukrainian nationals in the UK

W: <https://www.redcross.org.uk/get-help/get-help-as-a-refugee/help-for-refugees-from-ukraine>