

## About 1st Response

**The East Lothian 1st Response Service is run by two mental health and wellbeing charities.**



**Penumbra** is one of Scotland's largest mental health charities. We support around 1600 adults and young people every week.

**01620 825 020**  
**penumbra.org.uk**



**Changes** is a Community Health Project which promotes the positive wellbeing of people living in East Lothian.

**0131 653 3977**  
**changeshp.com**

**Penumbra** is a charity (SC 010387) and a company limited by guarantee (SC 091542) registered in Scotland. Registered Office: Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

**CHANGES East Lothian** - Company Limited by Guarantee – Company Number 230098. Scottish Charity No: SCO25130. 108 Market Street, Musselburgh, East Lothian, EH21 6QA

**East Lothian  
Health & Social Care Partnership**



East Lothian

# 1st Response

# are you at crisis point?

East Lothian 1st Response is a partnership between:



## Feeling at crisis point?

**Are you dealing with long-term, mounting stress? Are you feeling unable to cope?**

People can feel at crisis point for many reasons, including:

- Money or debt worries
- Unemployment or problems at work
- Housing issues
- Changes in your health
- Family or caring concerns

Whatever the issue, 1st Response can support you to resolve your crisis.

## 1st Response Support

### How can we help?

1st Response provides face-to-face support throughout East Lothian.

Our team will listen to you and help you resolve your crisis. We will provide you with sensitive and non-judgmental support based on your needs, and help

you to access other services.

### Planning your next steps

We will support you to plan and manage your next steps.

We will provide you with information about other organisations which could help (such as health services, social work, benefits advice and other support), and we will help you to develop skills to manage your mental health.

### Our team

1st Response is run by specially trained Practitioners and Peer Workers – people who use their own experience of mental health difficulties to help others achieve recovery.

### Who can use the service?

1st Response is open to anyone aged 18

## Help in an emergency

If you feel that you need to talk to someone straight away, phone:

Breathing Space - 0800 83 85 87 (free)

Samaritans - 116 123 (free)



years old and over who lives in East Lothian and is experiencing distress and reduced mental wellbeing.

## Accessing 1st Response

Appointments are available Monday-Friday at variety of locations across East Lothian.

### Making Appointments

To make an appointment call and leave a message on:

**07966 526 452**

(standard service charges will apply)

Please leave your name and number, speaking slowly and clearly.

Messages will be picked up between 11am – 1pm Monday – Friday and we will call you back to arrange an appointment, for you to speak to someone face to face.

