Where can I get help?

A guide to homelessness and community support services in Edinburgh

Bethany Christian Trust

Where can I get help?

Scan to read online.

For the latest available support, please check online.

If you are aware of any out of date information or would like to see a service added to the directory, please contact: **info@bethanychristiantrust.com**

‘Wee Purple Book’ produced by Bethany Christian Trust.
All information correct as of October 2025.

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This is a directory of homelessness support services available in **Edinburgh**. If you are seeking help, please check under the sections below:

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For more information, visit the Bethany Christian Trust website FAQs at **www.bethanychristiantrust.com/faqs** or contact us on **0131 561 8930.**

Concerned for an individual?

For concerns about vulnerable adults or children, get in touch with **Social Care Direct** on 0131 200 2324 (adults) or 0131 200 2327 (children) during work hours. Out-of-hours or weekends, call 0800 731 6969.

Medical and Other Helplines

For mental and physical health:

NHS 24 · 111

For out-of-hours urgent treatment and advice.

Mental Health Assessment Service · 0131 286 8137

Self-refer for an emergency psychiatric assessment.

Edinburgh Crisis Centre · 24-hour · 0808 801 0414 or text 07974 429 075

Mental health helpline.

Samaritans · 24-hour · 116 123

Confidential, emotional support for anyone in crisis.

Breathing Space · 0800 83 85 87

Monday-Thursday 6pm-2am, Friday 6pm-Monday 6am

Shout · 24-hour · Text the word 'Shout' to 85258

Free, confidential text messaging service for anyone who needs support.

Addiction and Recovery Support

See page 5 for helplines and other support services.

Other helplines:

Missing People · 7 days a week, 9am-11pm · 116 000 call or text

If you are missing or have lost touch with someone.

Cruse Bereavement Centre · 0808 808 1677

Monday-Friday (except Tuesday) 9:40am-5pm, Tuesday 1pm-8pm. Support after the death of someone close.

National Association for People Abused in Childhood · 0808 801 0331

Monday-Thursday 10am-9pm, Friday 10am-6pm

Lone Parent Helpline · 0808 801 0323

Monday-Friday 9:30am-4:30pm. Advice and support for single parents.

Asylum Help · 0808 801 0503

Monday-Friday 8am-8pm (24-hour for emergencies). Advice and guidance for asylum seekers.

Men's Advice Line · 0808 801 0327

Monday-Friday 10am-5pm

ANDYSMANCLUB · www.andysmanclub.co.uk

Monday 7pm. Free peer-to-peer support groups for men on topics surrounding men's mental health #ItsOkayToTalk

Scottish Women's Aid Domestic Abuse Line · 24-hour · 0800 027 1234

24/7 helpline for issues of domestic abuse and forced marriage.

National Domestic Abuse Violence Helpline · 24-hour · 0800 2000 247

For women seeking advice and support about domestic abuse and safety planning.

Rape Crisis Scotland National Helpline · 08088 01 03 02

Every day, 5pm-midnight. Help for women in abusive relationships or in danger from ex-partners.

Dental and Medical Clinics

Chalmers Dental Centre · 0131 537 8801/8802

3 Chalmers Street, EH3 9EW. Walk in emergency dental clinic.
For same-day care please attend before 3pm. Call the above number for emergency dental pain relief.

Spittal Street Dental Clinic · 0131 537 8323

Monday-Wednesday 12:30-4pm. The Exchange, Lady Lawson Street. Advice, emergency treatment and routine care provided in a relaxed and friendly environment.

Leith CTC Dental Clinic · 0131 536 6286

Thursday 9:45-3pm, Leith Community Treatment Centre, 12 Junction Place, EH6 5JQ. Drop-in clinic.

Wound Clinic · 0131 537 8300

Thursday 10:30am-1:30pm. The Exchange, Lady Lawson Street. Confidential drop-in service for people with concerns about injecting sites or skin damage from drug use.

Food

Salvation Army · 25 Niddry Street · 0131 523 1060

Monday-Friday 10-11:15am

The Breakfast Bothy · Melville Drive Police Box, Meadows

Monday-Friday 9-12pm, free roll and coffee

Old St Paul's Church · 39 Jeffrey Street

Monday, 12:30-2pm, warm lunch. Saturday 8:20am-1pm, porridge, sandwiches, soup

Steps to Hope · St Cuthbert's Church, 5 Lothian Road · 0131 229 1142

Monday Munchies: Every Monday at 6pm
Sunday Suppers: Every Sunday at 5pm

Lunch Club · Hibs Community Foundation

Tuesday, Wednesday & Friday 12-2pm. Free two-course lunch

3 Spires · Walpole Hall, 27 Chester St · 0131 225 6293

Tuesday 12:30-2:30pm. Social Lunch Club for anyone aged 60+

Pitch to Plate · Hibs Community Foundation

First Tuesday of every month, 6-8pm. Free multi-cultural meal

Community Meal · St Nicholas Parish Church · 07890 557 398

Wednesday 12-2pm, lunch

Community Café · South Leith Baptist Church

Wednesday 10.30am-1pm, free community café

Grassmarket Community Project · 86 Candlemaker Row · 0131 225 3626

Wednesday 5-6:30pm, two-course meal

Lunchtime Plug-In · Stenhouse Baptist Church · 07436 379 806

Thursday 11-1pm, community lunch with access to computers

Mustard Seed · St Margaret's Church, 170 Easter Road

Friday 10-11am, breakfast (sit-in or takeaway)

Empty Kitchens Full Hearts · 11 West Granton Road

Friday 12-2pm, community lunch. Enquire also for delivery of lunch and dinner packs

All of the services on these pages are subject to change. Enquire with a support worker or directly through the relevant contact details to ensure you are not disappointed.

Saturday Meal @ Ps&Gs · 46 York Place · 0131 556 1335

Saturday 5pm-6pm, sit-down hot meal

Wee Breakfast · Waverley Bridge · 0131 556 2626

Sunday 8-9am, breakfast

South Leith Parish Church · 6 Henderson Street · 0131 554 2578

Sunday 9:30-10:30am, breakfast

Kirk O' Field Church · 140 Pleasance

Sunday 9:30-12:30pm. Sandwiches & hot drinks and takeaway lunches

Edinburgh Food Social · The White House, 70 Niddrie Mains Rd

First Thursday of every month, 6-8pm. Two-course community meal

Soul Food · Various locations and times · www.soulfoodedinburgh.org

Central Hall, 2 West Tollcross · Sunday 2pm, takeaway dinner

Oxgangs Community Church, 71 Firhill Drive · Thursday 12-1pm and Sunday 5-6:30pm

CofE Methodist Church, 25 Nicolson Square · Monday 4:30-5:45pm

Grace Church, Leith, 3 Shurbhull Walk · Thursday 5:30pm

Life Church, 2 Davie Street · Sunday 5:30pm

Social Bite · 131 Rose St · 0131 353 0250

Suspended coffee/food
Members of the public pay for an extra coffee/meal which is then available for someone who needs one.

Social Scran – Takeaway
Mon-Fri 8am-9:30am, breakfast rolls and tea/coffee & 4-4:45pm, evening meal.

Mixed Supper – Sit-in
Thursday 4-5pm, free meal.

You can also pick up items at the end of the day at 3:30pm every Mon, Wed, Thu & Fri.

Care Van · City centre · 0131 561 8930

Operating every evening and at lunchtimes Mon, Wed, Thu, Sat & Sun.

Lunchtimes
12:30pm - Market Street
1-2pm - King's Stables Road and Grassmarket
2pm - Tesco Car Park, Easter Road (leaving no earlier than 2:15pm)

Evenings
9pm - Waverley Bridge
9:50-10:30pm - King's Stables Road, Grassmarket and High Street
(leaving High Street no earlier than 10:35pm)

Addiction and Recovery Support

Services offering advice and support:

Drinkline Scotland · 0800 731 4314

Alcoholics Anonymous · 0800 917 7650

Frank (drugs helpline) · 24-hour · 0800 123 6600

Cocaine Anonymous · 0800 612 0225

Gamblers Anonymous · 24-hour · 0370 050 8881

Crew 2000 (helpline) · 0131 220 3404

Monday-Friday 10am-5pm. Call for support or information.

Crew 2000 (drop-in) · 32 Cockburn Street

Mon-Wed 10am-5pm, Thurs 3-7pm, Fri-Sat 1-5pm. Drop-in at 32 Cockburn Street for information about drugs and how to stay safe.

Celebrate Recovery · Gilmerton Hub, 6 Ravenscroft St

Thursdays 7-9pm. 12-step programme for hurts, habits and hangups.

Teen Challenge · Leith

Outreach van every Thursday 11.30am – 2.30pm in Leith Kirkgate, hot drinks and addiction support. Testimony night with fish supper, third Sunday of the month at South Leith Baptist Church.

Bridge to Freedom · Leith and City Centre · 07458 016 976

A community Christian recovery programme which includes both group and one-to-one sessions.

Edinburgh Recovery Activities · Various locations · 0131 555 9124

Trips, groups, activities, meet-ups, one-off events and training for those in recovery. www.facebook.com/EdinburghRecoveryActivities

For medical help and prescriptions:

Harm Reduction Team · 22-24 Spittal Street · 0131 537 8300

Medication programme for injecting drug users, women's services for those involved in the sex industry, injection equipment provision, wound care clinic, harm reduction training, dental care for people using drugs.

Residential programmes:

Bethany Christian Centre (men-only) · 0131 454 3125

Anne Hope House (women-only) · 0131 552 3907

Teen Challenge · 01664 822 221

LEAP · 0131 446 4400

For recovery hubs offering alcohol and drug services and support:

Turning Point Scotland · Leith · 0131 554 7516

Change Grow Live · Various locations · www.changegrowlive.org

West Pilton · Monday-Friday 8:30-4:30pm · 0131 469 5044
Gilmerton · Monday-Friday 8:30am-4:30pm · 0131 661 5294
Wester Hailes · Monday-Friday 9am-4:30pm · 0131 453 9406

Housing Advice and Support

Shelter · 0808 800 4444

Monday-Friday 9am-5pm. Housing advice helpline.

Fresh Start · www.freshstartweb.org.uk/what-we-do

A range of services that provide the practical and social support to help people resettle successfully.

Early Intervention Team · City of Edinburgh Council

Support to help you stay in your current home.
Contact: early.intervention@edinburgh.gov.uk

Visiting Housing Support · 0131 603 0400

Helping clients set up their accommodation, providing ongoing support for maintenance and stability and delivering preventative support to avoid eviction. Services include:

Turning Point Scotland - North East & South East Edinburgh

Right There - North West Edinburgh

Four Square - South West Edinburgh

Streetwork at Simon Community Scotland (for complex needs) - Citywide

Citywide LinkLiving (for young people, aged 16–25) - Citywide

Money, Work and Benefits

Citizens Advice Direct · 0800 028 1456

Monday-Friday 9am-6pm. Benefits, employment, debt and housing advice.

Citizens Advice Bureau · 0131 510 5510

Monday-Friday 8:30am-7pm. Advice on welfare rights, debt, budgeting, employment, housing, energy, immigration, consumer rights and health.

Job Centre Plus · 0800 169 0190

Monday-Friday 8am-6pm

The Advice Shop · 0131 200 2360

249 High Street. Information advice and representation to access benefits and deal with debt.

Social Security Scotland · 0800 182 2222

National Debt Line · 0808 808 4000

Monday-Friday 9am-9pm
Saturday 9:30am-1pm

Christians Against Poverty (CAP) · 01274 760 720

Free debt help and money courses.

CHAI · 0131 442 1009

Welfare rights and money advice.

Granton Information Centre · 0131 551 2459

Welfare rights and money advice.

Grassmarket Community Project · 0131 225 3626

86 Candlemaker Row. Monday 4-6pm.
Information and advice on benefits and debt.

Money Mentor · 0131 629 6119

King's Church, 104 Gilmore Place

Jobs First Programme (Social Bite) · 0131 353 0250

Providing job opportunities to people who have experienced homelessness.

Community Works · 0131 553 8757

Free 1:1 employability advice to residents of EH5, EH6 and EH7

Family Support

Safe Families · 0131 603 8430

Provides support for parents through friendship, coaching and, if needed, providing a short stay for their children with a trustworthy family.

www.safefamilies.uk

City of Edinburgh Council · www.edinburgh.gov.uk/support-families

Information hub for family support in the city. Email supportingparentsandcarers@edinburgh.gov.uk for help in finding specific support for your family.

Kids Matter · www.kidsmatter.org.uk

Free, friendly groups that focus on parental wellbeing and confidence, equipping parents with the tools to build strong relationships with their children. Groups available at Wester Hailes Baptist Church, City on a Hill Granton, Ps&Gs Church, Edinburgh Vineyard.

Support for Young People

The Rock Trust · 55 Albany Street · 0131 557 4059

Monday-Friday 9am-12pm. For 16-25 year olds who are homeless or at risk of becoming homeless. Showers, laundry, advice and support.

Papyrus · 0800 068 4141 or text 88247

Monday-Friday 10am-5pm & 7pm-10pm/weekends 2pm-5pm.
A helpline for anyone 35 or younger considering suicide.

Childline · 0800 11 11

Talk to a counsellor about anything that is troubling you.

Missing People's Runaway Helpline · 116 000 (free call or text)

For under-18s who have run away or are thinking of running away.

The Junction · 0131 553 0570

Young people health and wellbeing services.

Homeless Services and Support

For anyone who may be facing the crisis of homelessness:

The Access Place · 6 South Gray's Close · 0131 529 5015

Register as homeless here, get advice about entitlements, eligibility for temporary accommodation, benefits and GP Surgery. Or go to one of the locality housing offices:

South East – 40 Captain's Road EH17 8QF
South West – 10 Westside Plaza EH14 2ST
North East – 101 Niddrie Mains Road EH16 4DS
North West – 8 West Pilton Gardens EH4 4DP

Out of Hours Service · Edinburgh Council · 0800 032 5968

Call if you are homeless and need somewhere to stay and it is outwith normal office hours.

Edinburgh Support Hub · 22 Holyrood Road · 0808 178 2323

Laundry, showers and lockers available as well as advice and support from Streetwork, Simon Community.

Salvation Army Wellbeing Centre · 25 Niddry Street · 0131 523 1060

A drop-in that provides food for a small charge, a clothing store, shower, and advice service. The Salvation Army also run various events.

Rapid Re-accommodation Welcome Centre · ELS House, 555 Gorgie Rd 07919 557 673

Open from 1st October 2025 – 29th April 2026 offering food, sleeping facilities and a high level of support to people who would otherwise be sleeping rough. Can be accessed 24 hours a day.

The Wee Hours · Waverley Bridge

Friday 7:45–8:45pm. Provides clothing, sleeping bags, toiletries and essentials.

Crisis Skylight · Cranston House, 271 Canongate · 0131 209 7700

Monday, Wednesday-Friday 9:30am-3:30pm, Tuesday 12:30-3:30pm. Supporting people who are experiencing homelessness or are at risk of homelessness.

Support for Women

Edinburgh Women's Aid · 0131 315 8110

Help for women in abusive relationships or in danger from ex-partners.

Shakti Women's Aid · 0131 475 2399

Advice for black/ethnic minority women, children and young people experiencing and/or fleeing domestic abuse.

Scottish Women's Aid Domestic Abuse Line · 24-hour · 0800 027 1234

National Domestic Abuse Violence Helpline · 24-hour · 0800 2000 247

Rape Crisis Scotland National Helpline · 08088 01 03 02

Every day, 5pm-midnight. Help for women in abusive relationships or in danger from ex-partners.

Sacro Another Way Service · 0131 624 7270

Non-judgemental, one to one support for women involved in the sex industry. Drop-In: Thursday 8.30-10pm.

Anne Hope House · 0131 552 3907

Supported accommodation for women who are looking to make positive changes in a community setting.

The WiSH Project · wish@cyrenians.scot

Accommodation for Women and their families who are experiencing domestic violence.

Women's Group (Bethany Christian Trust) · 07990 078 377

A social group and safe space for women across Edinburgh looking to connect with others.

Community Activities

Street Soccer · www.streetsoccerscotland.org

Free, friendly football sessions to build confidence, community, and opportunities for change. Additional support available. Locations include: Leith Community Centre, Meadowbank, Portobello Powerleague

Spartans Community Foundation · www.spartanscf.com

Free activities using football, youth work, and education to build confidence, community, and opportunity.

Junction 42 Connect Groups · www.theconnectnetwork.org

A weekly community meal with worship, testimonies and prayer. Junction 42 works with people in prison, ex-offenders, their families and communities.

Tuesdays 7pm at Ebenezer Church, 31 Bangor Road, Leith

Wednesdays 7pm at Stenhouse Baptist Church, 30 Stenhouse Grove

Other Bethany Services

www.bethanychristiantrust.com/get-help

Access Through Advocacy · access@bethanychristiantrust.com

Supporting people to promote and protect their rights, empowering them to have confidence moving forward.

Community Support · www.bethanychristiantrust.com/get-help

Community projects such as befriending, employability and digital support, family work and drop-in sessions. Find a group near you.

Connect to Community · 0141 766 0167

Supporting men and women coming out of prison. For information please contact David on the number above.

The Bugle · 07818 893 093

Wednesdays, 1:30-3:30pm. The Learning Centre, 65 Bonnington Road. A welcoming group for writers and artists with opportunities to see your work published in print or online. See www.edinburghbugle.com for more details.

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For a complete list of Bethany Christian Trust services across Scotland, visit the Get Help section at **www.bethanychristiantrust.com**

Bethany Christian Trust

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