

# Spiritual Care

## Getting in touch

If you would like further information about how we could help you, or would like to arrange to speak with one of the chaplains, please contact us.

### The chaplains

Lynne MacMurchie  
lynne.macmurchie@nhslothian.scot.nhs.uk

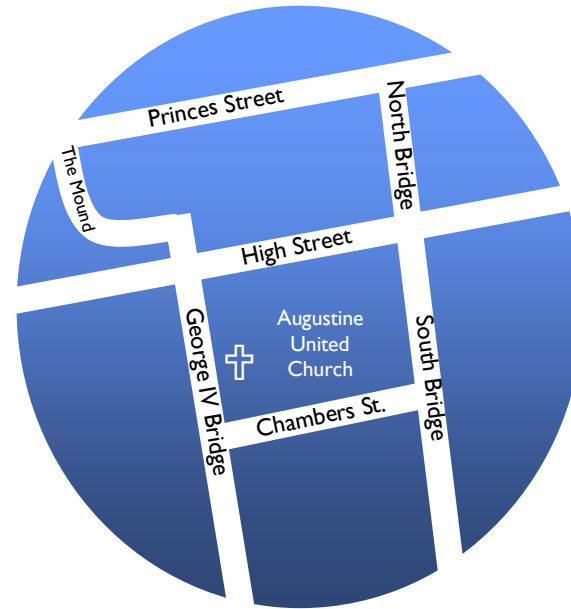
Maxwell Reay  
maxwell.reay@nhslothian.scot.nhs.uk

John McMahon  
john.mcmahon@nhslothian.scot.nhs.uk

The Community Mental Health Chaplains are part of the spiritual care service provided by NHS Lothian based at the Royal Edinburgh Hospital.

### Department of Spiritual Care

Royal Edinburgh Hospital  
Morningside Terrace  
Edinburgh  
EH10 5HF  
Tel: 0131 537 6516



### Community Mental Health Chaplains

Augustine United Church  
41 George IV Bridge  
Edinburgh  
EH1 1EL  
Tel: 0131 220 5150

# Community Mental Health Chaplains



*here to listen*

## About us

We offer spiritual care in the community to people experiencing mental health problems and their carers. Each one of us needs to have a sense of meaning and purpose in our lives. Our personal spirituality or faith beliefs can help us cope with life's challenges.

## About you

You may be living with a mental health problem at home, and finding this difficult.

You may have been an inpatient in a psychiatric hospital and be finding it stressful living at home again.

You may be trying to cope at home with feelings of anxiety, loneliness, despair, sadness, anger, guilt.

You do not have to be mentally unwell to be affected by mental health problems.

You may be supporting someone with a mental health problem and would like support for yourself.

## What we offer

### Drop-in

Every Tuesday, 10.30am - 12 noon  
at Augustine United Church  
41 George IV Bridge, Edinburgh.

An opportunity for an informal chat with a chaplain and with other mental health service users over a cup of tea or coffee. After the drop-in there is a short act of worship for those who wish to stay. Everyone is welcome.

### Peer support

Opportunities to meet other people with mental health problems in a supportive environment.



## Individual support

We offer confidential, one-to-one support.

## Contact with a faith community or church

We are happy to help you make contact with a faith community or church.

## Other sources of help

We can put you in touch with local organisations and groups who may be able to help you, such as support groups and other mental health organisations.

## Professional support

A resource for professional and voluntary organisations caring for people with mental health problems.

## Education and training

Encouragement and training, for local faith communities and churches, in the care and support of people experiencing mental health problems.