# **Mental Health and Resilience Service (MHARS)**

## Who we are and who we support

We are a team of mental health practitioners from Midlothian Health and Social Care Partnership and Penumbra. We provide short-term support for adults in Midlothian who are experiencing mental distress or crisis.

## Support we offer

When you contact our service, you will speak with a mental health practitioner. We’ll have a short, confidential conversation to understand what you’re going through and how we can support you.

We will work with you to create a support plan. We can offer a range of help, including:

* Connect you with local community resources, like peer support groups, volunteering, or help returning to work.
* Help you find other local services or charities if you need more specific or longer-term support.
* Refer you to the Distress Brief Intervention (DBI) service, if it’s right for you. DBI offers up to 14 days of short-term support to help you manage emotional distress and find longer-term help.
* Support you to set goals and build strategies to manage your wellbeing and strengthen your resilience.
* Offer practical advice with everyday tasks that may feel overwhelming when you're struggling.

## **Contact & hours**

* • Mental Health and Resilience Service
• Monday–Sunday 08:00–20:00
• Phone: 0800 118 2962
• Out of hours support: please call NHS 24 111