

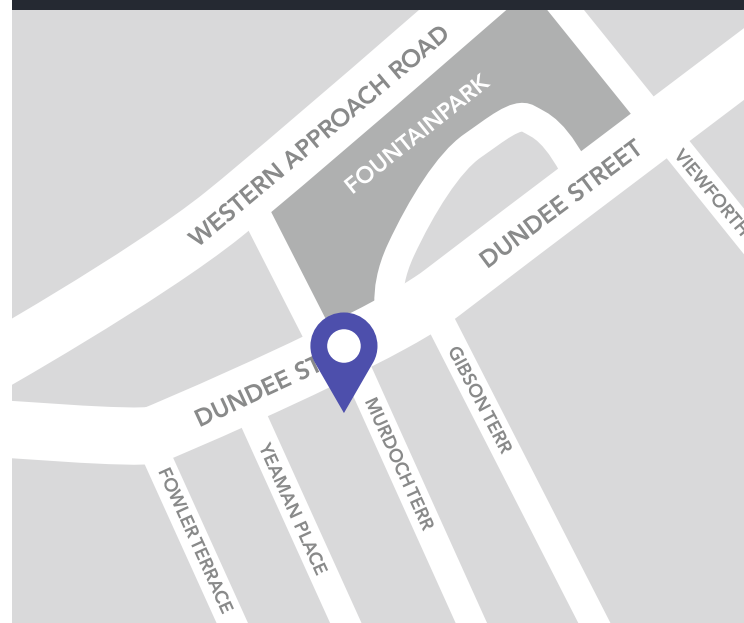
OUR SERVICES

We base our work on the most up-to-date research and treatment methods in the field of trauma.

We offer:

- Needs assessments
- Clinical assessments
- Evidence-based therapies
- One-to-one sessions
- Psycho-education
- Group work
- Safety and stabilisation skills
- Arts therapies
- Advice on medication
- Links to community services
- Help with employment or training

WHERE TO FIND US



The Rivers Centre
1st Floor
Fountainbridge Library Building
137 Dundee Street
Edinburgh
EH11 1BG



T: 0131 451 7400

Drop in: 10am - 12 noon, Mon - Fri
By appointment: 9am - 5pm, Mon - Fri

Buses: (Lothian) 1, 34, 35 **outside**
2, 3, 4, 10, 22, 25, 27, 30, 33, 44 **nearby**
(First Bus) 27, 28

Nearest Train Station: Haymarket



SUPPORTING PEOPLE AFFECTED BY TRAUMA

WHAT IS THE RIVERS CENTRE?

The Rivers Centre is a specialist trauma service dedicated to addressing the health, social and welfare needs of people affected by psychological trauma.

We offer help to people of any age who have experienced traumatic events such as:

- Physical assault, robbery, mugging
- Rape, sexual assault
- Domestic violence, physical, sexual or emotional abuse
- Childhood abuse or neglect
- Serious road traffic accidents, industrial, domestic or medical accidents
- Natural disasters, such as floods or earthquakes
- Major incidents, such as train crashes or gas explosions
- Terrorist attacks
- Human trafficking
- Torture or State terrorism

REASONS FOR SEEKING HELP

Trauma can affect you in many different ways:

- Panic attacks
- Poor sleep and disturbing dreams
- Feeling haunted by memories
- Waiting for the worst to happen
- Avoidance of reminders of the trauma
- Feeling irritable or “at the end of your tether”
- Isolation and withdrawal from people and social situations
- Feeling numb or empty
- A loss of trust in people
- Feeling that your work performance is suffering

If these reactions are interfering with your everyday life, we may be able to help you.

OUR APPROACH

- If you are over 18 you do not need a referral to see us. You can self-refer
- You can make an appointment to see us or come to our drop-in. The drop in is open Mon-Fri, 10am-12noon
- We will work closely with you in a non-judgemental way to build a joint understanding of your difficulties and strengthen your resilience
- We are linked to a wide range of support services across Lothian and we aim to make sure that you get the right help at the right time
- Our services are confidential but we will ask your consent to contact other organisations and professionals involved in your care
- The people who use our services are at the heart of our decision making
- Our services are free of charge. The Rivers Centre is hosted by NHS Lothian and is set up as a Public Social Partnership (PSP)