**PTSD Support Groups in Scotland**

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| **Name of Support Group** | **Condition Supported** | **City / Scope** | **Email / Contact** | **Telephone** |
| **Breathing Space (NHS Scotland)** | Mental health crisis support (ages 16+, incl. PTSD) | National (Scotland) | *No email (phone or webchat service only)* | 0800 83 85 87 |
| **Combat Stress Helpline** | Veterans with PTSD & mental health issues | National (UK-wide) | helpline@combatstress.org.uk | 0800 138 1619 |
| **Future Pathways** | Survivors of abuse in care (trauma support) | National (Scotland) | engagement@future-pathways.co.uk | 0808 164 2005 |
| **PTSD Resolution** | Veterans, Reservists & families (trauma therapy network) | National (UK-wide) | contact@ptsdresolution.org | 0300 302 0551 |
| **PTSD UK** | PTSD & C-PTSD (information and support resources) | National (Scotland-based) | *Contact via website (no direct email)* | *No helpline* |
| **Rape Crisis Scotland – National Helpline** | Survivors of sexual violence (confidential support, age 13+) | National (Scotland) | support@rapecrisisscotland.org.uk | 08088 01 03 02 |
| **RoadPeace Helpline** | Bereaved or injured road-crash victims (trauma support) | National (UK-wide) | helpline@roadpeace.org | 0800 160 1069 |
| **Samaritans** | Emotional distress & suicidal feelings (24/7 listening) | National (UK-wide) | jo@samaritans.org | 116 123 (free 24/7) |
| **SAY Women** | Young women (16–25) – survivors of sexual abuse & homelessness | Glasgow (nationwide reach) | enquiries@say-women.co.uk | 0141 552 5803 |
| **Scotland’s Domestic Abuse & Forced Marriage Helpline** | Domestic abuse and forced marriage victims (confidential) | National (Scotland) | helpline@sdafmh.org.uk | 0800 027 1234 |
| **Shout (Crisis Text Line)** | Mental health crisis support via text (24/7) | National (UK-wide) | *No email (text service only)* | **Text** “SHOUT” to 85258 |
| **The Signature Project** (Change Mental Health) | Men with PTSD or complex trauma (peer & group support) | Edinburgh | signature@changemh.org | 0131 374 7008 |
| **The Survivors Trust – Helpline** | Survivors of rape & sexual abuse (info & local services) | National (UK-wide) | helpline@thesurvivorstrust.org | 0808 8010 818 |
| **Trauma Counselling Line Scotland** (TCLS) | Adult survivors of childhood abuse (phone counselling) | National (Scotland) | counselling@health-in-mind.org.uk | 08088 02 04 06 |
| **Veterans First Point (V1P Scotland)** | Veterans’ mental health & PTSD (peer support, multiple centers) | Various regions (Scotland) | V1P.Scotland@nhslothian.scot.nhs.uk | 0131 221 7090 |
| **Victim Support Scotland** (VSS) | Victims of crime and traumatic incidents | National (Scotland) | *Online support form or webchat (no email)* | 0800 160 1985 |