



# Mental Health Information Station

your first stop for mental health information & resources

Are you affected with mental health issues? Or do you care for someone who is? Come along to this **FREE** weekly, friendly drop-in.

**Increase understanding of mental health**

**Initial consultation with NHS Staff & Peer Support Workers**

**Practical & social support**

**Guidance on education & courses**

**Information on volunteering & work**

**Connect with the community**

**EVERY THURSDAY!**

**11am-3pm St Mary's Cathedral, Walpole Hall,  
Palmerston Place, Edinburgh EH12 5AW**

For more information please contact [mentalhealth information@nhslothian.scot.nhs.uk](mailto:mentalhealth information@nhslothian.scot.nhs.uk) or call 0131 537 8650.

**In partnership with:**

