



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 mentalhealthinformation@nhslothian.scot.nhs.uk or call 0131 537 8650.

In partnership with:

