



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

**‘A Sense of Some Place’, Walpole Hall
(Next to St Mary’s Cathedral),
Palmerston Place, Edinburgh EH12 5AW
Refreshments will be available**

For more information please contact mentalhealthinformation@nhslothian.scot.nhs.uk

or call 0131 537 8650.