



Are you affected by 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

Speak with NHS Mental Health Professional

Staff from a range of support services

Guidance on education & courses

Information on volunteering & work

Connect with your community

**EVERY THURSDAY**

**11am-3pm**

**St Mary's Cathedral, Walpole Hall,  
Palmerston Place, Edinburgh EH12 5AW**

Should you require any further information,  
please email: [MentalHealthInformation@nhslothian.scot.nhs.uk](mailto:MentalHealthInformation@nhslothian.scot.nhs.uk)

In partnership with:



Edinburgh Health and Social Care Partnership

