







# • Are you struggling with your Mental Health ?

Why not drop along to the South West Thrive Welcome Team for a conversation to look at what could help?



## South West Thrive Welcome Team

-  a straightforward way to access mental health support
-  a collaboration with NHS Lothian, City of Edinburgh Council, SAMH and Space Broomhouse Hub
-  come along and talk on a 1:1 basis (initial conversations normally last around 30-40mins)
-  talk about your mental health and how this is affecting your life
-  learn what support is available and how to access it
-  find out about local resources in your community



### VENUE

Space Broomhouse Hub  
Broomhouse Crescent  
EH11 3RH



### DAY

Friday



### TIME

Drop in anytime between  
9.30am - 3pm  
\*Last conversation of the  
day will be at 2.15pm

