

WELLBEING RESOURCE HUB

**Are you struggling with your mental health,
finance, or employment?**

**We will help you find the right
support in East Lothian**

**Drop-in to find us at the entrance foyer of East
Lothian Community Hospital, Haddington,
every Wednesday from 12-2pm**

NO APPOINTMENT REQUIRED

In partnership with:



This is an information-giving drop-in service, hosted by NHS Adult Mental Health, with representatives from Changes, Psychological Therapies, Citizens Advice Bureau (CAB) and East Lothian Works.

No appointment is required.

What we can offer you:

Mental Health and Wellbeing Advice

Directing you to psychological and wellbeing support offered in NHS and community including therapy, groups or social activities.

Financial and Welfare Advice

Signposting you to support for financial issues including benefits, debt, housing issues, legal problems and employment advice.

Employment Advice

Every 1st and 3rd Wednesday of the month, an Employability Officer is available to offer expert advice on jobs, training and skills development.

Please note:

We are not a crisis drop-in. If you are experiencing feelings of suicide or despair, then you can contact your GP or call Samaritans on 116 123

Have you visited us?

We would love to hear about your experience. Scan the QR code, or visit <https://forms.office.com/e/rpHhDyA9SK>

