Are you worried about your mental health?

Come and see the Thrive Welcome Team who are trained Mental Health Practitioners.

- No appointment needed.
- Open to people aged 18-64 who are registered with a GP
- 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

Mondays 9:30 - 12:30 (last conversation 12noon)
Valleypark Community Centre
37 Southhouse Road
Edinburgh
EH17 8EU

Thursdays 12:30 - 15:00 (last conversation 14:30)
Gilmerton Community Centre
4 Drum Street
Edinburgh
EH17 8QG

Fridays 10:00-14:00 (last conversation 13:30)
Contact Point
101 High Riggs
Edinburgh
EH3 9RP

www.ithriveedinburgh.org.uk

South East Edinburgh Thrive Welcome Team
Ballenden House, 28-30 Howden Street
Edinburgh EH8 9HL
Tel: 0131 374 2204 (office hours)

Edinburgh Health and Social Care Partnership