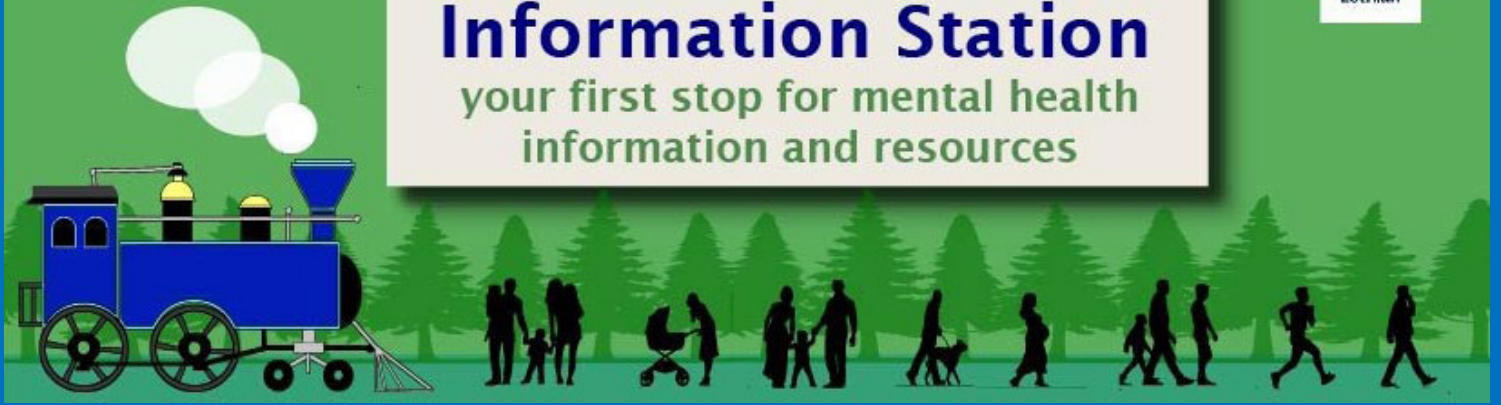


Mental Health Information Station

your first stop for mental health information and resources



Are you affected with mental health issues? Or do you care for someone who is? Come along to this free weekly, friendly drop-in.

**No appointment needed
Drop-in City Centre**

**Speak 1:1 with an NHS
mental health professional
for advice and signposting**

**Get ideas to reduce
isolation and lack
of structure**

**Browse our extensive
leaflet selection**

**Information about mental
health conditions
and therapies**

**Phone/Email
service available**

We are open for walk in visits at the Walpole Hall every Thursday from 10.30am to 3.00pm.

No appointment is necessary.

Our phone service runs on Thursdays from 10.00am - 3.00pm
on 0131 537 8688.

Or you can email MentalHealthInformation@nhslothian.scot.nhs.uk
at any time with specific non-clinical queries and request a call back.

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

<https://services.nhslothian.scot/mentalhealthinformationstation/>
www.facebook.com/MentalHealthInformationStation/

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