



## Mental Health Information Station

REOPENING to the public on **Thursday 8th October 2020**

- Every Thursday from 11 am till 3 pm.
- 'A Sense of Some Place' in the Walpole Hall, (next to St Mary's Cathedral), Palmerston Place. EH12 5AW, Edinburgh.

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

Increase your understanding of mental health

Speak with an NHS Mental health professional

Guidance on education & courses

Connect with your community

Information on volunteering & work

Staff from a range of support services

You will still able to speak with a NHS Mental Health trained staff on a **Thursdays** 9.30am - 4.30 pm

on 0131 537 8688 or by email [MentalHealthInformation@nhslothian.scot.nhs](mailto:MentalHealthInformation@nhslothian.scot.nhs)



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