

• 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

SpaceBroomhouse Hub
Broomhouse Crescent
EH11 3RH



DAY

Friday



TIME

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