

Feeling low, stressed and want to make changes?

Why not drop in to your local
Midlothian Wellbeing Access Point...
...it could be 30 minutes well spent



- 😊 **Talk about how you are feeling and how it is affecting your life**
- 😊 Hear about local groups, activities and services that can help
- 😊 **Learn how you can access the support that will work best for you**

No appointment is needed - you'll be seen on a first come first seen basis

Mondays 9.30 to 11.30am

Loganlea Centre

Eastfield Medical Centre

Eastfield Farm Road

Penicuik EH26 8EZ

Wednesdays 1 to 3pm

Midlothian Community Hospital

70 Eskbank Road

Bonnyrigg EH22 3ND

The Access Point is not a crisis or emergency service

Need more information?

Email the Access Point Worker,
laurence.hawkings@health-in-mind.org.uk

Call Psychological Therapies 0131 536 8981

Service delivered by Health in Mind charity no. SC004128, NHS Lothian and Midlothian Council

