

Midlothian Wellbeing Access Point

Guiding you to support your wellbeing

www.health-in-mind.org.uk



What is the Midlothian Wellbeing Access Point? It can be hard to know what groups and services are available in the local area and how to get the support you need.

The Access Point is all about guiding you to access the support you need to increase your mental wellbeing—reducing low mood and your feelings of stress; increasing your confidence and self-esteem. The Access Point is not a crisis or emergency service.

How can the Access Point help you?

It can help through supporting you to:

- Understand more about why you feel unwell
- Find out what's going on in your local community—groups, activities and services
- Access the support that will work best for you.

Who can access and use the service?

If you are:

- An adult living within Midlothian (18-65 years old)
- Registered with a Midlothian GP practice
- You don't need to make an appointment or be referred to access the service, so come along and find out how the Access Point can help you.

Confidentiality

- The access point is a confidential service and all personal information is held under strict legal and ethical rules.

What happens when you go along to the Access Point?

Meeting one of the team:

You'll be seen in a private space by either a Nurse Therapist, who is trained in providing talking therapies, or the Access Point worker who specialises in providing community based support. They can help you to decide what support will work best for you.

Sessions:

- People will normally be seen on a first come, first served basis
- A session will normally last for approximately 30 minutes.

When and where does the service happen?

Loganlea Centre,

Eastfield Medical Centre, Eastfield Farm Road,
Penicuik, EH26 8EZ

Mondays - 9.30am to 11.30am

Midlothian Community Hospital,

70 Eskbank Road, Bonnyrigg,
Dalkeith, EH22 3ND

Wednesdays - 1pm to 3pm

Please note: The Midlothian Wellbeing Access Point will be closed on Public Holidays.

A couple of things to think about before you come along:

- 1 Think about why you're looking for help from the Midlothian Wellbeing Access Point
- 2 Do you know or have you thought about the type of help you're looking for?

For further information contact Psychological Therapies, Tel 0131 536 8981 or Access Point Worker, laurence.hawkings@health-in-mind.org.uk

If you need this translated, please ask.

This service is delivered by Health in Mind, NHS Lothian and Midlothian Council

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