

# • 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*