

Midlothian Access Point



Midlothian
Health & Social Care
Partnership

Feeling low, stressed and want to make changes?

**Why not drop in to your local Midlothian 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 served basis.

Please note that the Access Point is not a crisis or emergency service.

WHEN AND WHERE?

Mondays 9.30am to 11.30am at
Loganlea Centre, Eastfield Medical Centre
Eastfield Farm Road, Penicuik EH26 8EZ

Wednesdays 1pm to 3pm at
Midlothian Community Hospital,
70 Eskbank Road
Bonnyrigg, EH22 3ND

For more information contact:
Psychological Therapies 0131 536 8981
or email Emma Young
emma.young@health-in-mind.org.uk