

Are you worried
about your mental
health?

&
aged 18 - 65?

Come see the **Thrive Welcome
Team** who are trained Mental
Health Practitioners!

thrive
EDINBURGH

When: Every **Tuesday** between **10am - 3:30pm**

Where: Craigmillar Medical Group,
106 Niddrie Mains Road, EH16 4DT

&

When: Every **Wednesday & Thursday**
between **10am - 4pm**

Where: Norton Park
57 Albion Road, EH7 5QY



Scan the QR code
for more info re: GP
practices we cover and
dates we are not open

No appointment needed!

Penumbra
Mental Health

change
MENTAL HEALTH

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL

NHS
Lothian

Low mood
Loneliness
Anxiety
Intrusive thoughts
Stress
Depression
Low Self-esteem

