

Midlothian Access Point



Midlothian
Health & Social Care
Partnership



**Feeling low or stressed about COVID-19 or anything else?
Want to make some changes?**

Midlothian Access Point is now available by phone/video.

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

Appointments are offered on a first come, first served basis

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

WHEN?

Monday mornings from 9:30am

Tuesday evenings until 7pm

Wednesday afternoons from 1pm

**TO BOOK AN APPOINTMENT, PLEASE EMAIL
YOUR NAME AND CONTACT NUMBER TO:**

Map@nhslothian.scot.nhs.uk

**A member of the team will reply to your
email within two working days**

www.health-in-mind.org.uk

Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.

