

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
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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.

