

Midlothian Access Point



Midlothian
Health & Social Care
Partnership

Feeling low or anxious and want to make changes?

Why not drop in to the Midlothian Access Point?

You don't need to be referred by your GP

- Talk one to one 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.

If you are aged 18-65 and registered with a GP in Midlothian, just come along. No appointment is needed, and you can bring a friend or family member with you.

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

Thursdays 12.30pm to 2.30pm at
Midlothian Advice and Resource Centre
10 Woodburn Road, Dalkeith, EH22 2AT (from 1st Aug 2019)

For more information contact:

Psychological Therapies 0131 536 8981 or
email: emma.young@health-in-mind.org.uk

**Please note the Midlothian Access Point
is not a crisis or emergency service.
We are closed on bank holidays.**