

# Are you worried about your mental health?

## **Come and see the Thrive Welcome Team who are trained Mental Health Practitioners.**

- No appointment needed.
- Open to people aged 18-64 who are registered with a GP
- Talk about your mental health and how this is affecting your life
- Learn what support is available and how to access it
- Find out about local resources in your community

**When:** Every Wednesdays and Thursdays 10am – 4pm

**Where:** Norton Park, 57 Albion Rd, Edinburgh EH7 5QY (in the building that looks like a church)

**When:** Every Tuesday between 10am – 3.30pm

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



[www.ithriveedinburgh.org.uk](http://www.ithriveedinburgh.org.uk)

## **North East Edinburgh Thrive Welcome Team**

Inchkeith House, 137 Leith Walk,  
Edinburgh EH6 8NP  
Tel: 0131 537 4530 (office hours)

A graphic consisting of a cluster of yellow dots of varying sizes, arranged in a roughly circular pattern, positioned behind the word 'thrive'.

**thrive**

**EDINBURGH**

Edinburgh Health and  
Social Care Partnership

