

# Feeling low, stressed and want to make changes?

Why not drop in to your local  
**Midlothian Wellbeing 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 seen basis

**Mondays 9.30 to 11.30am**

**Loganlea Centre**

Eastfield Medical Centre

Eastfield Farm Road

**Penicuik EH26 8EZ**

**Wednesdays 1 to 3pm**

**Midlothian Community Hospital**

70 Eskbank Road

**Bonnyrigg EH22 3ND**

**The Access Point is not a crisis or emergency service**

## Need more information?

**Email** the Access Point Worker,  
[laurence.hawkings@health-in-mind.org.uk](mailto:laurence.hawkings@health-in-mind.org.uk)

**Call** Psychological Therapies 0131 536 8981

Service delivered by Health in Mind charity no. SC004128, NHS Lothian and Midlothian Council

