

A couple of things to think about before you come along - you may want to write down some thoughts

First of all, think about why you are looking for help from the Midlothian Wellbeing Access Point.

Secondly, do you know or have you thought about what type of help you are looking for?

For further information on Health in Mind's services, volunteering and employment opportunities and our feedback/complaints procedures please contact us at:

Health in Mind
40 Shandwick Place, Edinburgh, EH2 4RT
0131 225 8508
contactus@health-in-mind.org.uk
www.health-in-mind.org.uk

This service is delivered in partnership by Health in Mind, NHS Lothian & Midlothian Council.



Health in Mind is a charity promoting positive mental health and wellbeing in Scotland. Health in Mind is a registered charity in Scotland (SC004128) and a company limited by guarantee, registered in Scotland (SC124090). The registered office is at 40 Shandwick Place, Edinburgh, EH2 4RT.

Midlothian Wellbeing Access Point

Guiding you to support your wellbeing



www.health-in-mind.org.uk

What is the Midlothian Wellbeing Access Point?

It can be hard to know what groups and services are available in the local area and how to get the support you need.

The Access Point is all about guiding you to access the support you need to increase your mental wellbeing—reducing low mood and your feelings of stress; increasing your confidence and self-esteem. The Access Point is not a crisis or emergency service.

How can the Access Point help you?

It can help through supporting you to:

- Understand more about why you feel unwell
- Find out what's going on in your local community—groups, activities and services
- Access the support that will work best for you

Who can access and use the service?

If you are:

- An adult living within Midlothian (18-65 years old)
- Registered with a Midlothian GP practice
- You don't need to make an appointment or be referred to access the service, so come along and find out how the Access Point can help you

Confidentiality

The access point is a confidential service and all personal information is held under strict legal and ethical rules

What happens when you go along to the Access Point?

Meeting one of the team:

You'll be seen in a private space by either a Nurse Therapist who is trained in providing talking therapies or the Access Point worker who specialises in providing community based support. They can help you to decide what support will work best for you.

Sessions:

- People will normally be seen on a first come, first served basis
- A session will normally last for approximately 30 minutes.

Loganlea Centre,

Eastfield Medical Centre,
Eastfield Farm Road,
Penicuik, EH26 8EZ

Mondays - 9.30am—11.30am

Midlothian Community

Hospital, 70 Eskbank Road,
Bonnyrigg,
Dalkeith, EH22 3ND

Wednesdays - 1pm to 3pm

When and where does the service happen?

Please note: The Midlothian Wellbeing Access Point will not operate on Public Holidays and will be closed on these dates.

For further information contact Psychological Therapies, telephone 0131 536 8981 or email Access Point Worker, Laurence.hawkings@health-in-mind.org.uk .