

Adult Mental Health

# Wellbeing Resource Hub



Are you struggling with your mental health, or supporting someone who is?

Do you want to know what support is available in East Lothian?

Drop-in to find us at the entrance foyer of East Lothian Community Hospital, Haddington, every Wednesday from 12-2pm.

No appointment required.

# Adult Mental Health Wellbeing Resource Hub



Pop by for a chat and we can signpost you to a range of therapeutic, wellbeing, practical, and social support options offered by the NHS and the local community.



This is an information-giving service, hosted by NHS Adult Mental Health, with representatives from Changes, Penumbra Community Link Work, Psychological Therapies, Citizens Advice Bureau and East Lothian Works.



## What we can offer:

- Walk ins – no appointment required
- Supporting access to online digital therapy
- Raising awareness of psychological and wellbeing support offered within the community
- Signposting to psychological self-help guides and resources
- Linking with community resources in East Lothian including support groups and social activities
- Signposting to financial and practical support

### Enquiries:

Email [Loth.AMHEastDropIn@nhslothian.scot.nhs.uk](mailto:Loth.AMHEastDropIn@nhslothian.scot.nhs.uk)

### Please note:

We are not a crisis drop-in. If you are experiencing feelings of suicide or despair, then you can contact your GP or call Samaritans on 116 123.