

Keep learning – learning new skills can give you a sense of achievement and a new confidence.

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing.

Take notice – be more aware of the present moment, including your feelings and thoughts, your body and the world around you.

“Our free, friendly drop-in runs every Thursday from 11am - 3pm. You can get advice and guidance or just come along for a coffee. Getting the right support for you at the right time could really improve your health. We look forward to meeting you”

**Walpole Hall, St Mary's Cathedral,
Palmerston Place, Edinburgh,
EH12 5AW**

Direction:

The Walpole Hall is about a ten minute walk from the West End of Princes Street and five minutes from Haymarket Station. It is located within the grounds of St Mary's Cathedral.



Please follow the pedestrian path outside the main entrance to the Cathedral on Palmerston Place, until you reach the Stone Arch Gate next to the Nursery building. Walpole Hall's main entrance and reception is on your left via the Stone Arch Gate.

By Bus:

Numerous buses on the way to Haymarket stop near the bottom of Palmerston Place, on Haymarket Terrace.

For more information please contact mentalhealthinformation@nhslothian.scot.nhs.uk or call 0131 537 8650.



In partnership with:



**St Mary's Cathedral
Walpole Hall, Palmerston Place
Edinburgh EH12 5AW
(11am - 3pm) every Thursday**

Are you affected with mental health issues? Or do you care for someone who is?

Come along to a free friendly drop in. This service can enable you to:

- Better manage your mental & physical health;
- Opportunities to speak with people from a range of services;
- Initial consultation with NHS staff and Peer Support Workers;
- Familiarise yourself with community resources & activities;
- Access training and educational courses or services;
- Access voluntary / unpaid work and social activities,
- Promote Mental Health and prevent mental illness, and

- Have hope for the future.

No need for an appointment.

Refreshments will be available.

All welcome!

Peer Support Workers

We understand that you may feel nervous about accessing available services, so to help you, peer support workers will be available to help you if you require. They can be helpful as they have personal 'lived experience' of recovery from mental health problems.

Who can use the advice and guidance service?

Adults affected with mental health issues and or their carers.

How to access the service

Come along to our weekly drop - in sessions at the Walpole Hall.

Five steps to mental wellbeing

Evidence suggests there are five steps we can all take to improve our mental and physical wellbeing. The Services can help you:

Connect – connect with the community around you.

Be active – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life.

