

# 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 + 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



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

**NORTH EAST EDINBURGH THRIVE WELCOME TEAM**

Inchkeith House  
137 Leith Walk  
Edinburgh EH6 8NP  
0131 537 4530

**Aged 18+**

Drop-in Time & Location

**Craigmillar Medical Group**  
106 Niddrie Mains Road EH16 4DT

**Tuesdays**  
10am – 1pm

**Grace Church Leith**  
3 Shrubhill Walk EH7 4RB

**Wednesdays 1pm – 3.30pm**  
**Thursdays 9.30am – 12.00**

**McDonald Road Library**  
2-8 McDonald Road EH7 4LU

**3<sup>rd</sup> Wednesday of every month**  
4.30 – 6.30

This service is open to people registered with a North East GP.

To find your nearest drop-in outside of the North East, visit the iThrive Website.

**thrive**  
EDINBURGH

# What to expect at a Thrive Drop-in

## Contact Form

When you arrive at a Thrive Drop-in you will be asked to fill out a form with your contact details and be given the chance to briefly write down the reasons you have attended.



## 1-to-1 Initial Conversation

You will have an opportunity to talk 1-to-1 with a member of our Mental Health Team. This is your opportunity to discuss your current mental health concerns and desires for support going forward. We aim for this conversation to last approximately 20 minutes to allow our team to see other drop-in attendees. If your desired support going forward is identified during your conversation you may be sent out further resources without a follow-up call.



## Follow-up Phone Call

After your Initial conversation, the Thrive team will explore options and resources for your support. A member of the team will then contact you via phone call to discuss what is available and see what the best fit is for you.



## Further Support

You may be signposted or referred to further support from NHS services, third sector organisations or community-based programmes best suited to meet your mental health needs. The Thrive team may offer you individual support for 6-8 sessions focusing on practical mental health support and strategies.

## This service is open only to people registered with one of the following North East GP Practices

Annandale Medical Practice

Baronscourt Surgery

Brunton Place Practice

Craigmillar Medical Group

Dr Comiskey Portobello  
Surgery

Durham Road

Hopetoun Practice

Leith Mount

Leith Surgery

Links Medical Practice

Mill Lane

Milton Surgery

Niddrie Medical Practice

Restalrig Park Medical Centre

Southfield Medical Practice

St Triduana's Medical Practice

Summerside Medical Centre

Victoria Practice

