

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 18-64 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

When: Every Wednesdays and Thursdays 11am – 2pm

Where: Norton Park, 57 Albion Rd, Edinburgh EH7 5QY (in the building that looks like a church)

When: Every Tuesday between 10am – 1pm

Where: Craigmillar Medical Group, 106 Niddrie Mains Road, EH16 4DT



www.ithriveedinburgh.org.uk

North East Edinburgh Thrive Welcome Team

Inchkeith House, 137 Leith Walk,
Edinburgh EH6 8NP
Tel: 0131 537 4530 (office hours)



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Social Care Partnership

