

**Are you affected by mental health challenges? Or do you care for someone who is? Come along to this free weekly, friendly drop-in.**

Increase your understanding of mental health

Speak with an NHS mental health professional

Meet staff from a range of community organisations

Seek guidance on education and courses

Obtain information on volunteering and work

Connect with your community

We are open for walk in visits at the Walpole Hall every Thursday from 10.30am to 3.00pm. No appointment is necessary.

Our phone service runs on Thursdays from 9.30am - 3.30pm on **0131 537 8688**.

Or you can email [MentalHealthInformation@nhslothian.scot.nhs.uk](mailto:MentalHealthInformation@nhslothian.scot.nhs.uk) at any time with specific queries and request a call back.

**St Mary's Cathedral, Walpole Hall,  
Palmerston Place, Edinburgh EH12 5AW**  
[www.facebook.com/MentalHealthInformationStation/](http://www.facebook.com/MentalHealthInformationStation/)

In partnership with:



## Looking for information about mental health?

The Mental Health Information Station is a free drop-in service offering general support, resources and information for anyone affected with mental health challenges. This could be for you or someone you care for. This friendly service can enable you to:

- Meet with staff from a range of support services in Edinburgh
- Speak with an NHS mental health professional for advice and information about services available to you
- Familiarise yourself with the support and services available in your community
- Find support for staying in, or finding work
- Increase your understanding of mental health
- Find useful advocacy services and projects
- Speak to staff from Volunteer Edinburgh
- Find services and guides related to welfare issues
- Find out about training and educational courses
- Improve mental health and prevent mental illness.

There's no need to make an appointment. Our friendly team of staff and volunteers look forward to welcoming you.

Should you need any further information, please get in touch on:  
[MentalHealthInformation@nhslothian.scot.nhs.uk](mailto:MentalHealthInformation@nhslothian.scot.nhs.uk)

Or call: **0131 537 8688**

Examples of the kind of visitors who have attended (not based on any particular person):

A worried Mum of a son in his early 20s who had social anxiety, visited on her own. She had a chat with the NHS staff about possible avenues for herself and her son to pursue, including job and volunteering support. She felt she would be able to persuade her son to visit with her another week to discuss his own needs.

A man who was about to be discharged from the psychiatric ward visited with his ward nurse. He found out ways to get further support at home from the Penumbra team, and ways to spend his time at a mental health 'drop-in' centre.

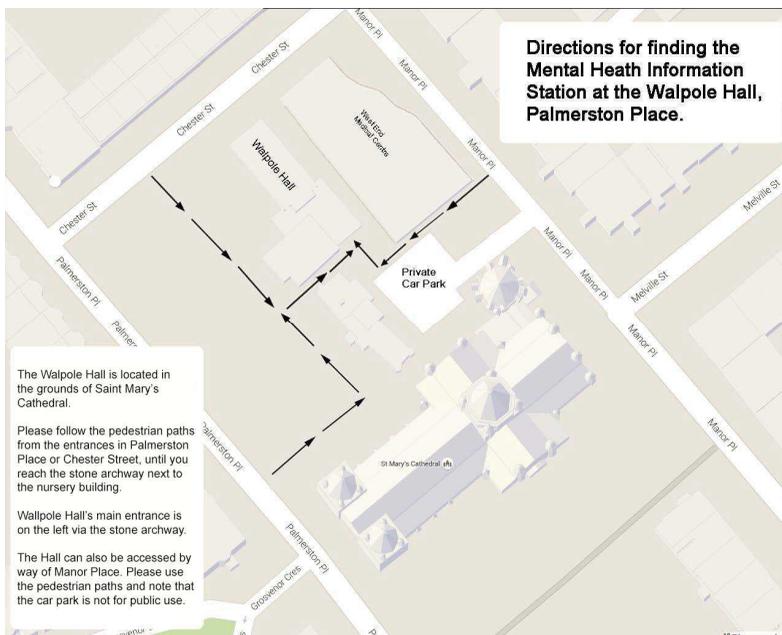
A lady who had been re-homed from another city, who had recently been in an abusive relationship, spoke with NHS staff about how to get into a routine, information about women's support services, Health in Mind trauma support services and a local art class.

This is a confidential service, however, there may be some exceptions (e.g. Adult and Child Protection Issues). For more information see <https://www.nhsllothian.scot.nhs.uk/> - **Policy on Confidentiality of Personal Health Information.**

### **Should you require crisis support contact:**

- NHS Mental Health Assessment Service: Tel- 0131 286 8137
- Speak to your GP
- Breathing Space: Tel- 0800 83 85 87
- The Samaritans: Tel- 08457 90 90 90
- Edinburgh Crisis Centre: Tel- 0808 801 0410

## Directions:



The Walpole Hall is in the grounds of St Mary's Cathedral on Palmerston Place. It is a 10 minute walk from the West End of Princes Street and 5 minutes from Haymarket Station.

Follow the path outside the Cathedral's main entrance until you reach the stone archway next to the Nursery building. Walpole Hall's main entrance is on your left via the Stone Arch Gate.

### Travelling By Bus:

Numerous buses (e.g. 12,18,26) stop on the way to Haymarket near the bottom of Palmerston Place, on Haymarket Terrace.

### Covid-19

This service is provided in line with Covid-19 social distancing requirements.

Mental Health Information Station V3.0

Approved by NHS Lothian Patient Information Team: Jul 2021

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