

# 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



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

## **South East Edinburgh Thrive Welcome Team**

Ballenden House, 28-30 Howden Street  
Edinburgh EH8 9HL  
Tel: 0131 374 2204 (office hours)

**Mondays 9:30 - 12:30 (last conversation 12noon)**  
Valleypark Community Centre  
37 Southhouse Road  
Edinburgh  
EH17 8EU

**Thursdays 12:30 - 15:00 (last conversation 14:30)**  
Gilmerton Community Centre  
4 Drum Street  
Edinburgh  
EH17 8QG

**Fridays 10:00-14:00 (last conversation 13:30)**  
Contact Point  
101 High Riggs  
Edinburgh  
EH3 9RP

A graphic of yellow dots of varying sizes arranged in a circular pattern, resembling a sunburst or a cluster of stars, positioned behind the Thrive logo.

**thrive**

**EDINBURGH**

Edinburgh Health and  
Social Care Partnership

