

Do you need some help with your mental health?



**Mental Health Information Station
(Thursdays only): 0131 537 8688**

**Breathing Space:
0800 83 85 87**

**Samaritans:
116 123**

**Edinburgh Crisis Centre:
0808 801 0414**

**Domestic Abuse 24-hour helpline:
0800 027 1234**

NHS 24: 111

**Shout 85258 is a free, confidential,
anonymous text support service.
You can text us from wherever
you are in the UK.**

The Practice Mental Health Nursing Team

The Practice Mental Health Nurse is part of the clinical team at your surgery.

They can offer a 20-30 minute appointment bookable at reception for any one over 18yrs.

Your GP might recommend you make an appointment with the Practice Mental Health Nurse.

The appointment will be a safe and confidential space to explore your concerns with compassion and care.

They will work with you on a plan to help improve your mental well being and can include many treatment options.

Please feel free to make an appointment.



Care and Treatment Options

