

Adult Mental Health

Wellbeing Resource Hub



Are you struggling with your mental health, or supporting someone who is?

Do you want to know what support is available in East Lothian?

Drop-in to find us at the entrance foyer of East Lothian Community Hospital, Haddington, every Wednesday from 12-2pm.

No appointment required.

Adult Mental Health Wellbeing Resource Hub



Pop by for a chat and we can signpost you to a range of therapeutic, wellbeing, practical, and social support options offered by the NHS and the local community.



This is an information-giving service, hosted by NHS Adult Mental Health, with representatives from Changes, Penumbra Community Link Work, Psychological Therapies, Citizens Advice Bureau and East Lothian Works.



What we can offer:

- Walk ins – no appointment required
- Supporting access to online digital therapy
- Raising awareness of psychological and wellbeing support offered within the community
- Signposting to psychological self-help guides and resources
- Linking with community resources in East Lothian including support groups and social activities
- Signposting to financial and practical support

Enquiries:

Email Loth.AMHEastDropIn@nhslothian.scot.nhs.uk

Please note:

We are not a crisis drop-in. If you are experiencing feelings of suicide or despair, then you can contact your GP or call Samaritans on 116 123.