

# 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 West Edinburgh Thrive Welcome Team**

Cambridge Street House  
5-7 Cambridge Street, EH1 2DY  
0131 537 8673

## **Aged 18 and over**

### Drop-in Time & Location

#### **Oxgangs Library**

343 Oxgangs Road North  
Edinburgh EH13 9LY

**Tuesdays**

**1.30 – 4.00pm**

**(Last conversation at 3.30pm)**

#### **St. Martin's Community Resource Centre**

232 Dalry Road

Edinburgh EH11 2JG

-Entrance located at left side of building

**Thursdays**

**(Beginning 4 September 2025)**

**10.00am – 12.00pm**

**(Last conversation at 11.30pm)**

This service is open to people registered with a South West GP.

To find your nearest drop-in outside of the South West, visit the iThrive Website.

**thrive**

**EDINBURGH**



# What to expect at a Thrive Drop-in

## Contact Form

When you arrive at a Thrive Drop-in you will be asked to fill out a form with your contact details and be given the chance to briefly write down the reasons you have attended.



## 1-to-1 Initial Conversation

You will have an opportunity to talk 1-to-1 with a member of our Mental Health Team. This is your opportunity to discuss your current mental health concerns and desires for support going forward. We aim for this conversation to last approximately 20 minutes to allow our team to see other drop-in attendees. If your desired support going forward is identified during your conversation you may be sent out further resources without a follow-up call.



## Follow-up Phone Call

After your Initial conversation, the Thrive team will explore options and resources for your support. A member of the team will then contact you via phone call to discuss what is available and see what the best fit is for you.



## Further Support

You may be signposted or referred to further support from NHS services, third sector organisations or community-based programmes best suited to meet your mental health needs. The Thrive team may offer you individual support for 6-8 sessions focusing on practical mental health support and strategies.

## This service is open only to people registered with one of the following South West GP Practices

Colinton Surgery	Craiglockhart Medical Group	Firhill Medical Centre
Gilmore Medical Practice	Leven Medical Practice	Polwarth Medical Practice
Ratho Surgery	Riccarton General Practice	Sighthill Green Medical Practice
Sighthill Red Medical Practice	Slateford Medical Practice	Springwell Medical Centre
The Braids	The Pentlands Medical Centre	Westerhailes Medical Practice
Whinpark Medical Centre		