
Information Services

Access to mental health and wellbeing information and resources.

www.health-in-mind.org.uk



“The person I spoke to on the phone was very helpful and friendly. Immediately put me at ease.”

“I was referred to this website by my GP after I had been to complain about a lot of problems with stress and anxiety... I think the information in there was just so helpful... lots of little bits of common sense that piece by piece dismantled the problems and made them seem infinitely easier to control.”

Everyone has the right to live a full and satisfying life. We can provide the tools, information and support to help you to cope with life's challenges and live the life that you want to live.

Information Services provide a warm, friendly and relaxed atmosphere in which to access information on mental health and wellbeing whether online, over the phone or in person at our Information Resource Centre.

If you have a query regarding mental health and wellbeing and are not sure where to start, we can help you. Simply give us a call, send us an e-mail or arrange to come in and see us.

Information Resource Centre (IRC)

We have a comprehensive library of books on mental health and wellbeing which are available to take out on loan. The IRC also provides:

- free internet for accessing mental health resources
- information on local services
- self-help books and CDs
- regular information afternoons

The Centre is open Monday-Friday 10.00am-12.30pm & 1.15pm-4pm.

To make an appointment to come in and see us, please call **0131 243 0106** or e-mail **information@health-in-mind.org.uk**

Alternatively, on Thursdays and Fridays the IRC is open as a drop-in.

Online information

The information within the Information Resource Centre is also available on-line:

www.edspace.org.uk for Edinburgh services

www.midspace.co.uk for Midlothian services

www.eastspace.org.uk for East Lothian services.

You can also find us on facebook or follow us on twitter:

twitter.com/edspacetweets

twitter.com/midspacetweets

twitter.com/eastspacetweets

You can make a difference

People who use Health in Mind's services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.



Our professional and trusted support staff and committed volunteers work in partnership to deliver a unique mix of services and training to promote mental health and wellbeing. Please contact us for current recruitment and volunteering opportunities.

Get in touch with us

For further information on any of Health in Mind's services, volunteering and employment opportunities or our feedback/complaints procedure please contact us at:

Health in Mind
40 Shandwick Place
Edinburgh EH2 4RT

0131 225 8508
contactus@health-in-mind.org.uk
www.health-in-mind.org.uk

Please note the Information Resource Centre is located on the first floor of our Shandwick Place office and there is no lift access. If you have restricted mobility, please contact us for further information and assistance.

Access mental health and wellbeing information online:
www.edspace.org.uk (Edinburgh)
www.midspace.co.uk (Midlothian)
www.eastspace.org.uk (East Lothian)

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