

What is www.eastspace.org.uk?

Eastspace is a source of local information that helps people to make informed choices about their mental health and wellbeing. It is easy to use and includes sections on -

- Mental health and Wellbeing Services in East Lothian
- Self Help Guides
- Fact Sheets
- Updates about mental health and wellbeing news, events, and training

Is www.eastspace.org.uk for you?

Eastspace includes information for people living in East Lothian who:

- Are interested in finding out information about their own mental health and wellbeing and where they might find services and support
- Have a family member, friend or colleague who is experiencing mental health and wellbeing difficulties
- Work for a mental health service provider in the statutory, voluntary or private sector
- Have an interest in mental health and well-being

Eastspace can help you to:

- Find appropriate mental health and wellbeing services in East Lothian
- Make informed choices about treatment and care
- Find ways to maintain mental health and well-being
- Explore self help opportunities



If you do not have access to the internet or are not confident in using computers, then you can have support to access this information from **Health in Mind Information Resource Centre**
Tel. **0131 243 0106**

If you or someone you care for is facing a crisis you can contact NHS 24 on free phone **08454 24 24 24**. The NHS 24 helpline staff can help you, you can also find useful contact information on Eastspace.



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How to contact the Eastspace team

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www.eastspace.org.uk

