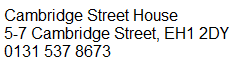
A flyer with a qr code

Description automatically generated



**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.

**Aged 18-64?**

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** |  |  |