

# Local MP visits Health in Mind in Tynecastle



Joanna Cherry QC MP for Edinburgh South West visited Health in Mind's Wellbeing Gateway this week.

She said : "Experiencing a mental health problem, particularly for the first time, can be frightening and confusing. It can be impossible for those struggling with a mental health issue to know where and how to access the services required for their recovery. Health in Mind's Wellbeing Gateway is a vital service for constituents of Edinburgh South West because it provides information and support for people who otherwise

might not know where to turn.”

The Wellbeing Gateway provides adults living in South West Edinburgh the chance to speak privately with a Health in Mind staff member about what’s happening in their lives and to discuss services and activities within the community that may help to further improve their mental health and wellbeing.

Amanda Hunter, Wellbeing Gateway Development Worker said :  
“Those who attend the Wellbeing Gateway will leave with a greater understanding of their mental health and wellbeing needs and an increased knowledge of community support and services.

“If you are feeling low or stressed and want to make changes to your life then 30 minutes at the Wellbeing Gateway might be time well spent.”

The Wellbeing Gateway is open every Wednesday from 9.30am to 11.30am at Tynecastle Community Wing, McLeod Street, EH11 2ND.

For further information visit [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk) or call 0131 243 0137.