

Care When It Counts

CWIC Mental Health Service



Mental health and wellbeing support
for people in East Lothian

East Lothian
Health & Social Care Partnership



CWIC East Lothian Mental Health Service

Struggling with your mental health?

There is now a quicker way to access a wide range of Mental Health Specialists. CWIC Mental Health is a primary care service for people in East Lothian aged over 17 years and 9 months.

We work closely with GP practices, Adult Mental Health services and local third sector services to help you get the right support for your needs.

Our service is available Monday to Friday - 9am to 4pm



**Phone us on
01620 642 963**

What happens when you phone?

Our Business Support Team will ask you for brief details. They will then book you an appointment with a mental health specialist.

Appointments may be:

- by phone
- by Near Me (video consultation), or
- face-to-face (restrictions allowing).

Our appointments are 30 minutes long.

**Please note that this is not an emergency service.
If you are experiencing a life-threatening emergency,
please call 999.**

Our team

**We are open
Monday to Friday
from 9am - 4pm**

The CWIC Mental Health Team are mental-health occupational therapists, mental-health nurses and primary care administrators.

The team is based in East Lothian Community Hospital, Haddington and Musselburgh Primary Care Centre.

What we do

- We will listen to you and work with you to help you find better ways to manage your mental health
- We will help you come up with plans to manage ongoing mental health issues by offering a compassionate approach, specialist skills and an understanding of how past experiences can impact how we feel now
- We work closely with your General Practitioner (GP). We can liaise with GPs about medication
- We prevent mental illness and promote mental wellbeing and hope for the future
- We help you to set goals and reach your potential in all activities including work and college.

We refer and signpost to other services such as community projects and other NHS services such as Psychological Therapies, Community Mental Health Team and Psychiatry.

Other people who can help

- Your GP
- NHS 24 Tel: 111
- Samaritans Tel: 116123
- Breathing Space (2pm-6am) Tel: 0800 838 587
- CALM 0800 585 858 (5pm—midnight) Also live chat
- NHS Mental Health Assessment Service (12 midnight—8am) Tel: 0131 536 8300
- Eastspace—<https://eastspace.org.uk>

Where to find us

East Lothian Community Hospital
(ELCH)
Alderston Road
Haddington EH41 3PF

Musselburgh Primary Care Centre
(MPCC)
Inveresk Road
Musselburgh
EH21 7BP

Buses that stop at ELCH

104, 106, 108, 109,
121, 123, 253, X7

Buses that stop at MPCC

26, 30, 44, 104, 106, 108,
111, 113, 123, 124, X7

This leaflet is available in other languages and formats on request.
Email elhscp@eastlothian.gov.uk