

Mental Health Information Stations at the What Matters Hubs

Available monthly
in five towns across
the Scottish Borders

Drop in for a friendly
chat, peer support
and help to find
mental health services
No appointment
needed



**Borders
Recovery
And
Wellbeing**

Talk to a Peer Support Worker

flourish
mental health matters

Creating Hope
Scottish Borders

**Health
in Mind**

Scottish Borders
Health and Social Care
PARTNERSHIP