Are you worried about your mental health?

Have you noticed you've been feeling more down or anxious lately and it is not improving?

If you are <u>not</u> currently being seen by NHS mental health services ask at reception for an appointment with one of our mental health specialists.

They can assess your needs and help you access further support.

PALMS – a new mental health assessment service for adults aged 16-64.

Dundee Health & Social Care Partnership

NHS TAYSIDE