West Lothian Drug and Alcohol Service

# WLDAS

For more information, please scan QR code, or contact us on 01506 430225 or email enquiries@wldas.org



# Mental Health Matters

Education, Support, Hope & Self Management

Mental Health Matters service will be delivering a Mental Health & Wellbeing educational programme, for individuals 50 years old and over, throughout West Lothian.

The session will be 90 mins and will aim to help you:

- Understand what mental health & wellbeing is
- Recognise when you are struggling
- Know when and where to access support
- Identify self-help tools and techniques
- Signposting to local organisations
- Pathways to treatment
- Advocacy

There are five upcoming sessions:

- Tue 1st Sept 2026, 1030-1200 - Addiewell Community Centre, Church Street, EH55 8PG
- Wed 9th Sept 2026, 1030-1200 - Fauldhouse Partnership Centre, Lanrigg Road, EH47 9JD
- Tue 15th Sept 2026, 1030-1200 - Blackridge Craig Inn Community Cente, Main Street, EH48 3SP
- Wed 23rd Sept 2026, 1100-1230 - Blackburn Community Centre/Partnership Centre, EH47 7LL
- Tue 29th Sept 2026, 1030-1200 - West Calder Community Hub, Dickson Street, EH55 8DZ