

SUPPORT IS JUST AROUND THE CORNER

**Mental health support with
no referral, no waitlist, no stigma**

**The Nook, 51 Wilson
Street, G1 1UZ**

SCAN ME!

7 days a week



www.samh.org.uk/the-nook-glasgow

**THE
Nook** from SAMH
Your place for mental health support

The Nook is a welcoming, accessible and safe space for anyone to visit and talk about their mental health.

Access support without an appointment or referral.

Anyone can walk through the door and get help fast.

What we do:

- **1-1 support with trained practitioners**
- **Health and wellbeing activities**
- **Self-help sessions**
- **Information and resources**
- **Support for children and young people aged 10+**

**ASK ONCE,
GET HELP
FAST**



THE NOOK
from SAMH

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