

SUPPORT IS JUST AROUND THE CORNER

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

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

7 days a week

SCAN ME!



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**

