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

THE NOOK from SAMH

Your place for mental health support