

Emma Jackson

Keep The Heid Mental Health
Café

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Keep The Heid

"It's like an anchor to getting better for me."

"I think when you've been through the system, it's like a lifeline. It's not fixing you. It's a place of safety."

"I've tried all the things, but this group is the best thing that I've ever had. ... I have sat there in tears, laughter at times. The support you get is amazing."



a **safe**
place
to talk

The café takes place weekly:

Tuesday evenings in **TRANENT**

Thursday evenings in **NORTH BERWICK**

Friday evenings in **HADDINGTON**

Sessions run from 7pm - 9pm and are completely free.

Email: KeepTheHeidCafe@gmail.com

Phone: **07548 136575**  or find us on Facebook

TUESDAYS @
TRANENT

ERASER CENTRE

THURSDAYS @
NORTH BERWICK

THE HOPE ROOMS

FRIDAYS @
HADDINGTON

THE TRINITY CENTRE

Why Peer Support?

“I think it’s just such a safe space.. it really eased my isolation.”

“It’s definitely had an impact on me because ... I don’t want to end my life now, even though I’ve tried to a couple of times before.”



Top 5 Questions

Who?

What?

When?

Where?

How Much?



Getting the word out

Physical
Digital
People

"It's my most invaluable thing in my arsenal against my head."



Is it Working?

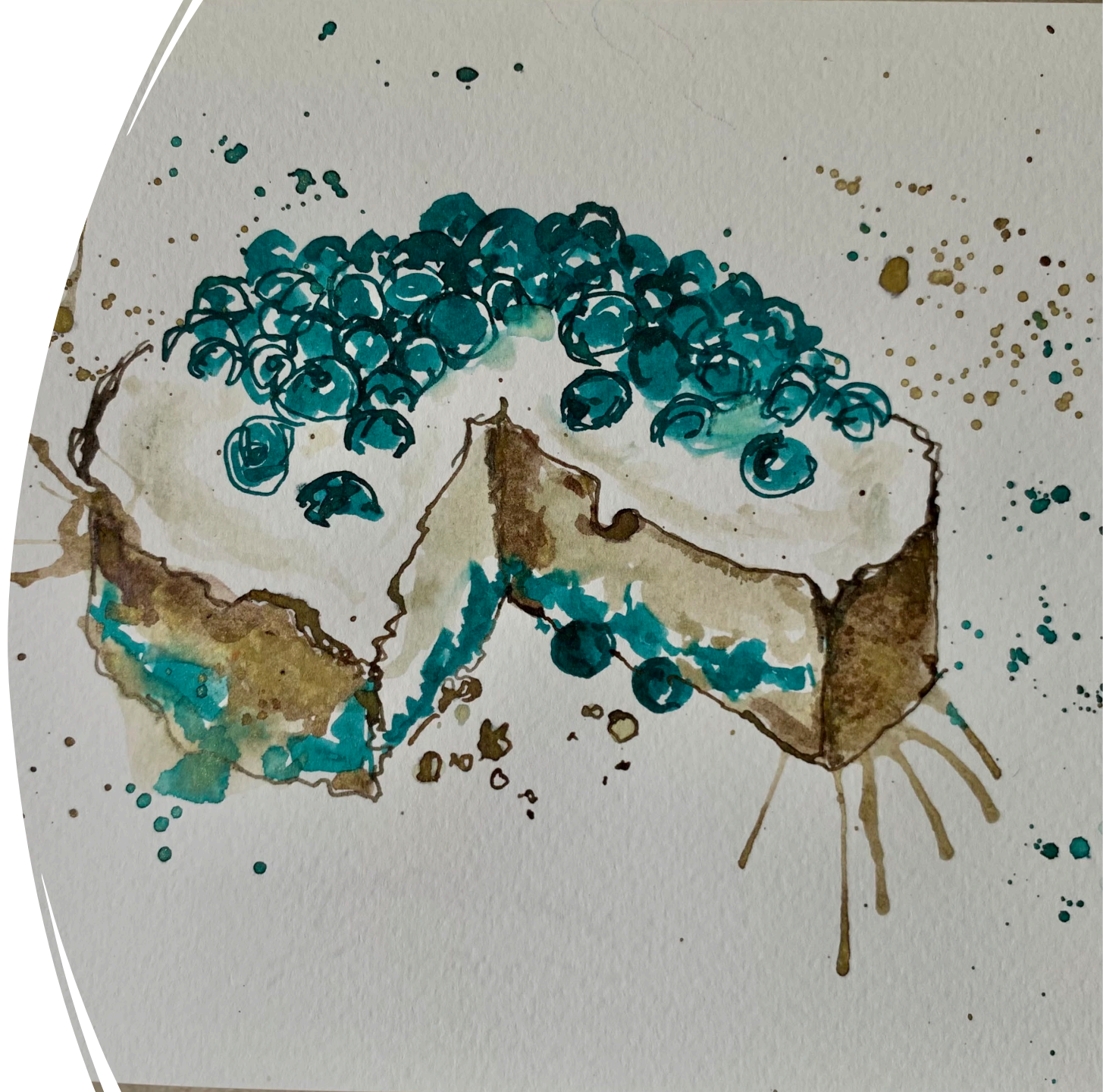
Ask

Ask

Ask again

Learn

Adapt



Challenges and Celebrations

“I would like to thank you very much for creating Keep The Heid ..with all the friends it has created, the bond I have with other members I can only say they are the tribe I've never had in my life, the impact with being part of this group is immense.”

