



CRISIS CAFÉS

Are you struggling with your mental health?
Feeling overwhelmed or unable to cope?
Support is available through our Crisis Café drop in service.

We offer a safe space for those who are struggling as well as emotional support and 1:1 sessions where you can learn practical coping strategies.

No referral is needed, simply come along and visit us.

Loughborough Crisis Café: Loughborough Wellbeing Centre, Asha House, 63 Woodgate, Loughborough, LE11 2TZ
Monday and Fridays 5pm-11pm

Leicester City Crisis Café: The David Wilson Foundation Centre, (at) St Martins House, 7 Peacock Lane, Leicester, LE1 5PZ
Tuesday 9am-5pm

Market Harborough Crisis Café: The Symington Building, Adam and Eve Street, Market Harborough, LE16 7LT
Wednesday 12pm-8pm (starting 22/09/21)



www.turning-point.co.uk/