



## 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: The Emporium, 3 Wards End, Loughborough, LE11 3HA  
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/](http://www.turning-point.co.uk/)