

Run by Beacon Care and Advice CIC on behalf of the **NHS**

Beacon Crisis Café Lutterworth

Beacon



A safe and friendly space in The Wellbeing Hub for members of the local community who may be struggling with their mental and emotional health.

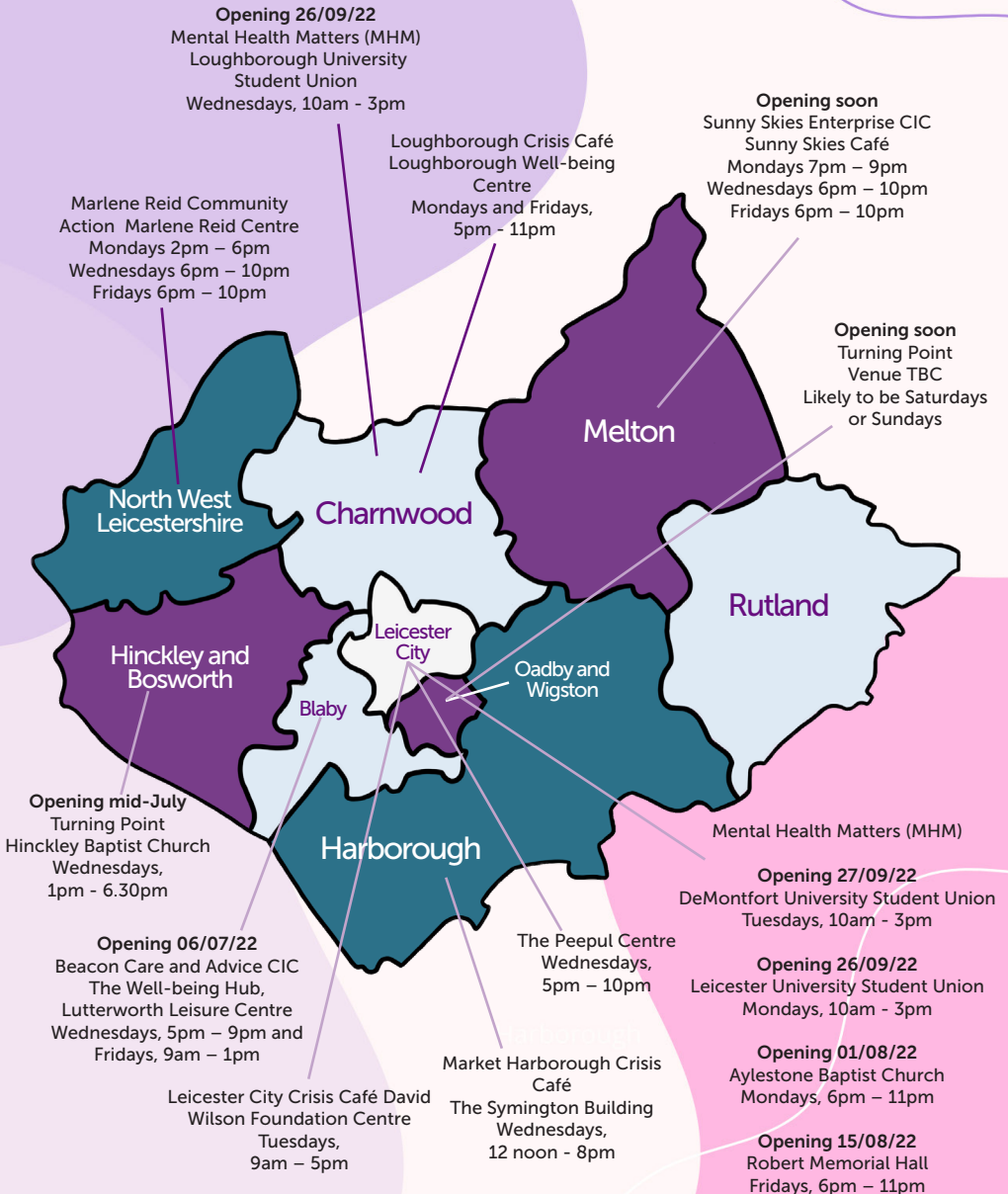
Call in for a chat and receive care and advice if you are feeling overwhelmed, stressed, or anxious. We offer support and coping strategies to help you manage your distress or crisis.

Wednesdays, 5pm -9pm
Fridays 9am – 1pm

Where to find us:
The Wellbeing Hub
Lutterworth Sports Centre
Coventry Road
Lutterworth
LE17 4RB
Free parking available

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Information on the Crisis Cafés may be subject to change, for up to date information on days, times and locations visit: <https://www.leicspart.nhs.uk/service/crisis-cafes/>



What is a Crisis Café?

Crisis Cafés offer local support for people who need immediate help with their mental health. The cafés are drop-in centres for anyone to come and talk to us about their mental health - no appointment needed.

We have supportive, trained staff who can listen and provide the practical support you need. Below is a map of the current and upcoming cafés in Leicester, Leicestershire and Rutland.

If you need urgent mental health support, call our free 24/7 Mental Health Central Access Point on 0808 800 3302. Always call 999 if there is a physical threat to life.

www.leicspart.nhs.uk/mental-health



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