



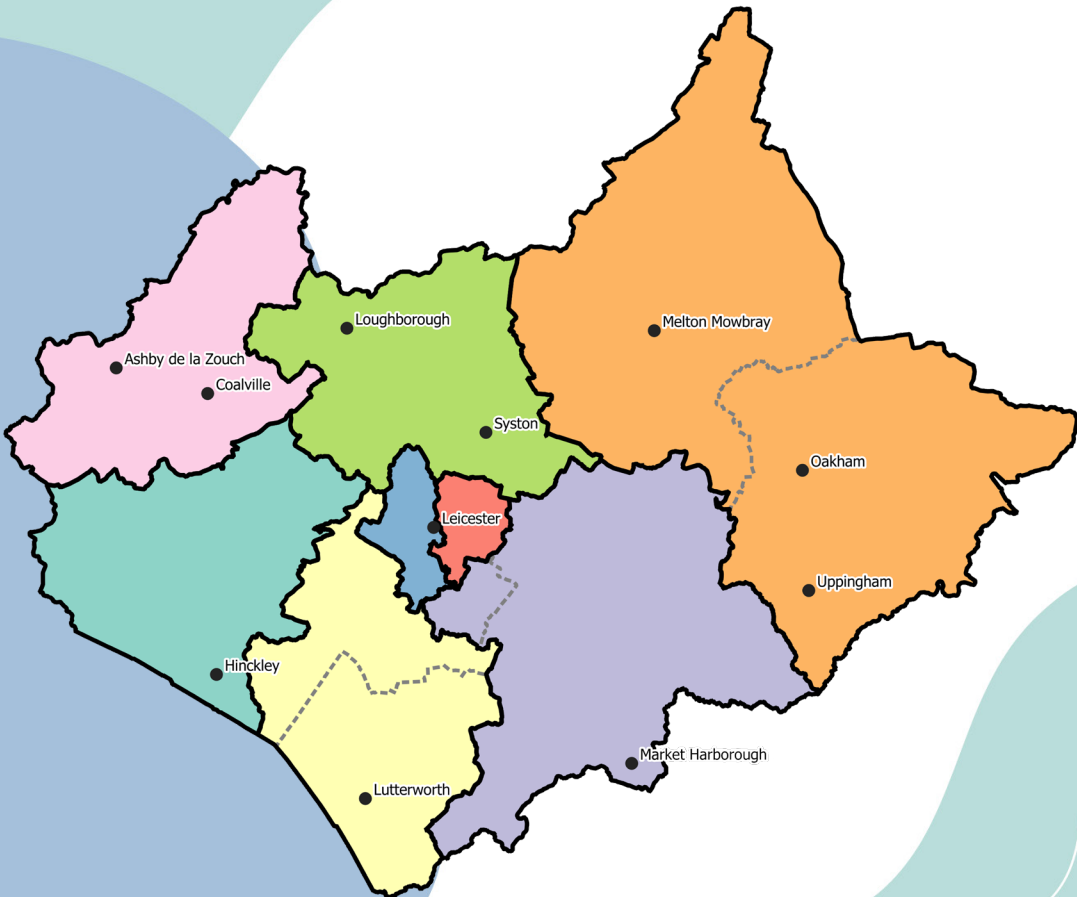
**Leicester, Leicestershire
and Rutland**

Health and Wellbeing Partnership



In your area...

Leicester City



Crisis Cafés



Aylestone Crisis Café - provided by Mental Health Matters
Aylestone Baptist Church, Lutterworth Road, Leicester, LE2 8PE
Phone: 07816 350 215 Email: mhm.leicestercrisiscafes@nhs.net

DeMontfort Student Union Crisis Café - provided by
Mental Health Matters
DeMontfort University Students Union, Mill Lane, Leicester, LE2 7DR
Phone: 07816 350 215 Email: mhm.leicestercrisiscafes@nhs.net

The Peepul Crisis Café - provided by the Peepul Centre
Peepul Centre, Orchardson Avenue, Leicester, LE4 6DP
Phone: 0116 261 6000

Leicester City Crisis Café - provided by Turning Point
David Wilson Foundation Centre, St Martin's House, 7 Peacock Lane,
Leicester, LE1 5PZ
Email: leicestershire.helpline@turning-point.co.uk

Leicester University Crisis Café - provided by Mental Health Matters
Leicester University Students Union, Percy Gee Building, University
Road Leicester, LE1 7RH
Phone: 07816 350 215 Email: mhm.leicestercrisiscafes@nhs.net

West End Crisis Café - provided by Mental Health Matters
Robert Memorial Hall, 147 Narborough Road, Leicester, LE3 0PD
Phone: 07816 350 215 Email: mhm.leicestercrisiscafes@nhs.net



Mental Health Wellbeing Recovery Support Service (MHWRSS)

This service is open to anyone aged 18+ who is experiencing emotional and mental health problems, as well as their carers. Its goal is to help you to maintain and improve your mental wellbeing, become empowered to achieve your goals, and to live a meaningful life. You don't need a mental health diagnosis to use this service - it is open to people who would benefit from support offered.

Leicester City - People, Potential, Possibilities

Email: leicestermhwrss@p3charity.org

Phone: 0808 178 0960

Website: www.bit.ly/3C9W6wy
(Leicester City)



Support in the community



Harmless

Provides a community self-harm and suicide bereavement service for people who live in Leicester, Leicestershire and Rutland.

Email: leicester@harmless.org.uk Phone: 0115 8800 280

www.harmless.org.uk



LAMP

Provides independent community mental health advocacy to the people of Leicester, Leicestershire and Rutland, including support to families and carers.

Email: info@lampdirect.org.uk
Phone: 0116 255 6286

www.lampadvocacy.co.uk



ADHAR

Providing mental health support for (but not exclusively to) minoritised communities.

Email: admin.box@adharproject.org
Phone: 0116 220 0070

www.adharproject.org

Open Hands provide emergency support and care for those most vulnerable, provide supplies of food, and offer various other services to help empower individuals to move forward in their lives - offering practical help and advice.

Phone: 0116 255 8672

www.openhandsleicester.org.uk



The Centre Project

A local charity that aims to reach those who are most excluded from our society to reduce isolation and promote wellbeing.

Email: info@centreproject.org

Phone: 0116 255 4013



The Carers Centre

A local charity that provides support to unpaid carers across Leicester, Leicestershire and Rutland.

Email: enquiries@thecarerscentre.org.uk

Phone: 0116 251 0999

www.facebook.com/TheCarersCentreLLR



Support from your local council

MyChoice is a directory for care and support services for people living within the Leicester City area.

www.mychoice.leicester.gov.uk



BetterOff is a service for people who live in Leicester. BetterOff will show you the benefits you are entitled to and will help you apply for them online, it also provides information on how to find and apply for jobs.

www.leicester.betteroff.org.uk