



Leicester, Leicestershire  
and Rutland

# Neighbourhood Mental Health Cafés

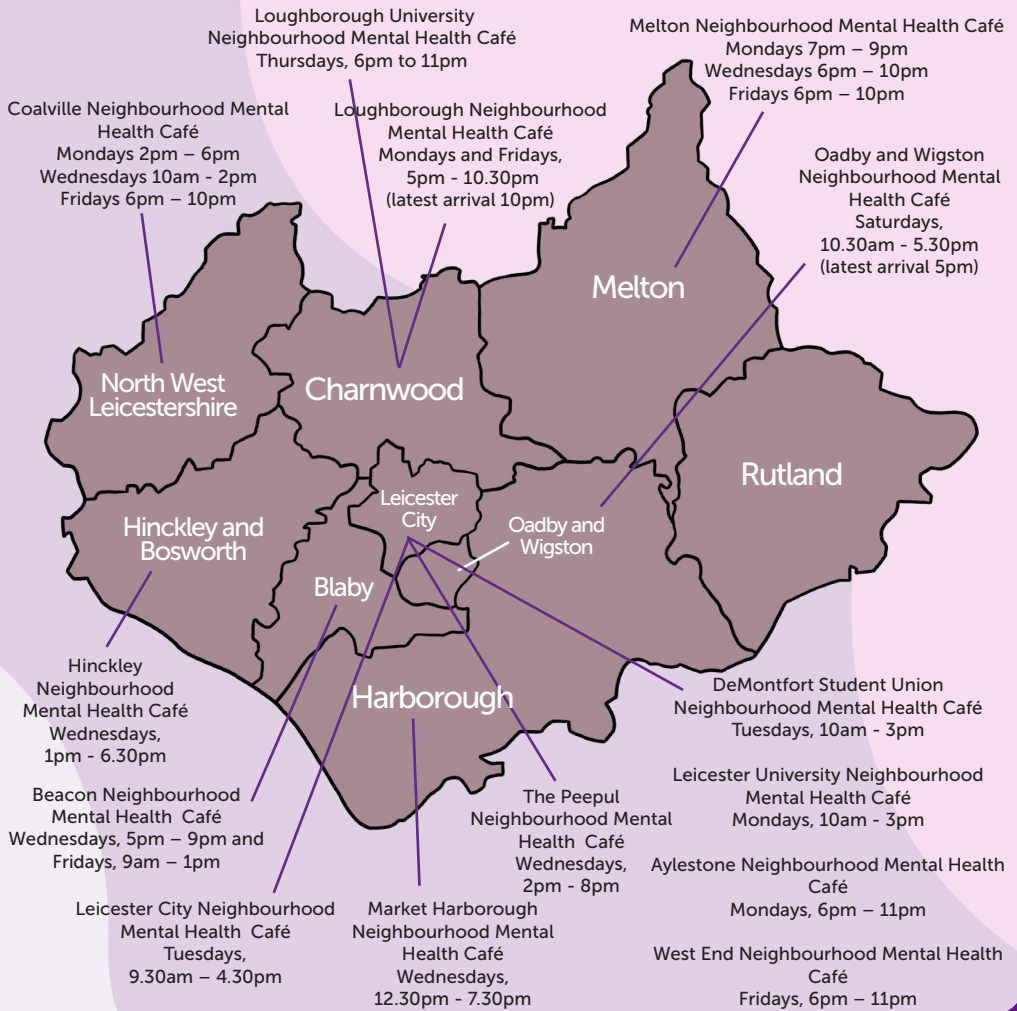
Drop in support for when you're  
struggling to cope

Leicester, Leicestershire and Rutland



Neighbourhood  
Mental Health  
Cafés





## City Neighbourhood Mental Health Cafés

**Aylestone Neighbourhood Mental Health Café** - provided by Mental Health Matters  
Aylestone Baptist Church, Lutterworth Road, Leicester, LE2 8PE  
Phone: 07816 350 215 Email: [mhm.leicestercrisiscafes@nhs.net](mailto:mhm.leicestercrisiscafes@nhs.net)

**DeMontfort Student Union Neighbourhood Mental Health Café** - provided by Mental Health Matters  
DeMontfort University Students Union, Mill Lane, Leicester, LE2 7DR  
Phone: 07816 350 215 Email: [mhm.leicestercrisiscafes@nhs.net](mailto:mhm.leicestercrisiscafes@nhs.net)

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

**Leicester City Neighbourhood Mental Health 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](mailto:leicestershire.helpline@turning-point.co.uk)

**Leicester University Neighbourhood Mental Health 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](mailto:mhm.leicestercrisiscafes@nhs.net)

**West End Neighbourhood Mental Health Café** - provided by Mental Health Matters

Robert Memorial Hall, 147 Narborough Road, Leicester, LE3 0PD

Phone: 07816 350 215 Email: [mhm.leicestercrisiscafes@nhs.net](mailto:mhm.leicestercrisiscafes@nhs.net)

## **County Neighbourhood Mental Health Cafés**

**Beacon Neighbourhood Mental Health Café** - provided by Beacon Care and Advice CIC

The Wellbeing Hub, Lutterworth Leisure Centre, Coventry Road, Leicester, LE17 4RB

Phone: 0755 1940 068 (texts preferred during café hours)

**Coalville Neighbourhood Mental Health Café** - provided by Marlene Reid Community Action

Marlene Reid Community Action, 85 Belvoir Road, Coalville, LE67 3PH

Phone: 01530 510515

**Hinckley Neighbourhood Mental Health Café** - provided by Turning Point

Hinckley Baptist Church, Baptist Walk, Hinckley, Leicester, LE10 1PR

Email: [leicestershire.helpline@turning-point.co.uk](mailto:leicestershire.helpline@turning-point.co.uk)

**Loughborough Neighbourhood Mental Health Café** - provided by Turning Point

Loughborough Wellbeing Centre, Asha House, 63 Woodgate, Loughborough LE11 2TZ

Email: [leicestershire.helpline@turning-point.co.uk](mailto:leicestershire.helpline@turning-point.co.uk)

**Loughborough University Neighbourhood Mental Health Café** - provided by Mental Health Matters

Student Services, Bridgeman Building, Loughborough University, Epinal Way, Loughborough, Leicestershire, LE11 3TU

Phone: 07816 350 215 Email: [mhm.leicestercrisiscafes@nhs.net](mailto:mhm.leicestercrisiscafes@nhs.net)

**Market Harborough Neighbourhood Mental Health Café** - provided by  
Turning Point  
The Symington Building, Adam & Eve Street, Market Harborough, Leicester,  
LE16 7LT  
Email: leicestershire.helpline@turning-point.co.uk

**Melton Neighbourhood Mental Health Café** - provided by Sunny Skies CIC  
Melton Mowbray Country Park Café, Wymondham Way, Melton Mowbray,  
Leicestershire LE13 1HX  
Phone: 07486 594 363

**Oadby and Wigston Neighbourhood Mental Health Café** - provided by  
Turning Point  
40 Bell Street, Wigston, Leicestershire, LE18 1AD  
Email: leicestershire.helpline@turning-point.co.uk

Information on the Neighbourhood Mental Health Cafés may be subject to change. For up to date information on days, times and locations, as well as large print, other languages and easy read visit:

[www.leicspart.nhs.uk/services/neighbourhood-mh-cafes](http://www.leicspart.nhs.uk/services/neighbourhood-mh-cafes)

Neighbourhood Mental Health 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 in confidence - no appointment needed. They are run by partners on behalf of the NHS.

We have supportive, trained staff who can listen and provide the practical support you need.

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](http://www.leicspart.nhs.uk/mental-health)