

Neighbourhood Mental Health Cafés

For times when you're struggling to cope

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.

Scan the QR Code or visit:

www.leicspart.nhs.uk/services/neighbourhood-mh-cafes



Neighbourhood
Mental Health
Cafés

