



Leicester, Leicestershire
and Rutland

Neighbourhood Mental Health Cafés

Drop in support for when you're struggling to cope

Feeling overwhelmed? In crisis?
Need someone to talk to about your mental health?

We're here for you.

A safe space to be when you're feeling low.

Drop in or book an appointment - let's talk.

Cafés are open 7 days a week, find out where and when by
scanning the QR code below or visiting:

Neighbourhood
Mental Health
Cafés

For times when you're struggling to cope



V1 SEPTEMBER 2025



Want to know what to expect when you visit a café?
Watch our videos below:



Alex's story



Laura's story



Darren's story



Maryam's story



24/7 support is available over the phone, call NHS 111, mental health option. This number is open 24 hours a day and is totally free and confidential.

You can also text 0748 063 5199 and we will aim to get back to you within four hours.

To find other support and services near you, please visit:
www.LLRjoy.com and enter your postcode.