

Useful Links for Neighbourhood Mental Health Cafe providers

Your Space: Neighbourhood Mental Health Café resource hub

www.leicspart.nhs.uk/nmhc-your-space

Password: Winners2025



Mental health self help guides

www.bit.ly/LLR-self-help-guides



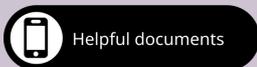
Joy

www.LLRjoy.com



LPT: Mental health support

www.leicspart.nhs.uk/mental-health/



Neighbourhood Mental Health Cafe animations

Maryam's story: support for carers

www.youtu.be/yFgeZM4XVLY

Laura's story: support with addiction

www.youtu.be/6ffMhk8h0yU

Alex's story: support with anxiety

www.youtu.be/n8ZmKHrri5E

Darren's story: support with bereavement/men's mental health

www.youtu.be/8UdQIr-xn60

