

Neighbourhood Mental Health Cafés

Drop in support for when you're struggling to cope

A safe, welcoming space where you can:

- Talk through what's on your mind with trained staff
- Find support for your mental health and wellbeing
- Get practical advice and coping strategies

Walk in. No judgment. No pressure.

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

<https://bit.ly/LLRNMHCs>

