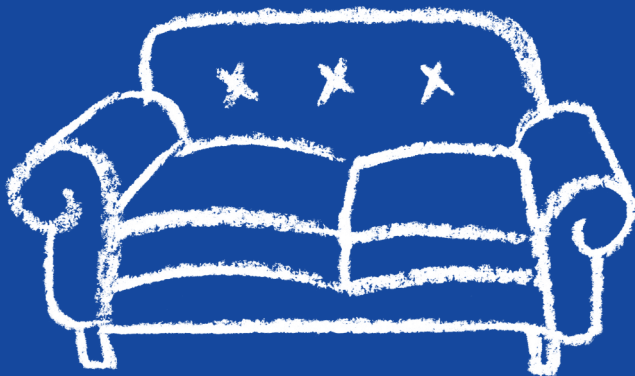


Are you struggling to cope?

Our Crisis Cafés
are here for you



 mind
BLMK

Our Crisis Cafés are safe, non-judgemental spaces that you can come to if you find yourself in crisis or mental distress. You will be met by one of our trained mental health workers, who will listen and help you identify ways to address the problems you are facing.



Who are the Crisis Cafés for?

Adults (18+) who are experiencing severe mental distress or crisis.

What can you expect?

- **A safe, calm and relaxed atmosphere**
- **A one-to-one session with a trained mental health worker**
- **Support to identify positive mental health coping strategies**
- **Advice and guidance about other support services available in your area**

Do you need an appointment?

The Crisis Cafés are drop-in services, which means no appointment is necessary.

Where are the cafés based?



Luton Crisis Café

Luton Wellbeing Centre
46-56 Dumfries Street
Luton
LU1 5BP

Bedford Crisis Café

Florence Ball House
Bedford Health Village
3 Kimbolton Road
Bedford
MK40 2NX

Milton Keynes Crisis Café

226 Queensway
Fenny Stratford
Bletchley
Milton Keynes
MK2 2TE

Central Bedfordshire Crisis Café

Please visit our website
(www.mind-blmk.org.uk)
for the most up-to-date
address in this area

What are the opening times?

We are open 7 days a week
between 5pm and 11pm,
including bank holidays.

Milton Keynes residents can
also call 01525 722 225 for
evening support and there
is also access to a Crisis
Recovery Service.

For crisis support outside of
our opening times, please
call NHS 111 or contact the
Samaritans on 116 123.



**For more information on crisis support
please visit mind-blmk.org.uk/crisis-support**



**Mind BLMK
The Rufus Centre
Steppingley Road
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MK45 1AH**



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Registered charity number: 1068724
Registered company number: 3511342

