

CRISIS CAFÉS

If you find yourself in crisis or need support with your mental health in the evening and/or at the weekend we are here to listen and help you in your time of need.

Mind Cafés have professional mental health workers who can offer you a safe space. Our aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing.

There is no need to call, just drop in to find a safe place with hope and comfort and find your pathway to recovery.

| CRISIS CAFÉS TIMETABLE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|----------|----------|-----------|----------|----------|----------|--------|
| The Sanctuary @ Corby Mind 18 Argyll St, Corby, NN17 1RU Tel : 01536 267280 | | | | 12-10 PM | 12-10 PM | | 2-8 PM |
| The Mixing Bowl @ Kettering Mind 49-51 Russell St, Kettering, NN16 0EN Tel : 01536 523216 | | 12-11 PM | 12-11 PM | 12-11 PM | | | |
| Daventry Mind, The Old Gasworks Car Park, Brook Street, Daventry, NN11 4GG Tel : 01327 879416 | | | 12-9 PM | | | | |
| Anchor House @ Northampton Mind 6/7 Regent Square, Northampton NN1 2NQ Tel: 01604 634310 / 624951 | 12-10 PM | 12-10 PM | | | | 2-10 PM | |
| The Recovery Café @ Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN10 9YE Tel : 01933 312800 | 12-10 PM | 12-10 PM | 12-10 PM | | | | 2-8 PM |
| Wellingborough Mind 14 Havelock Street, Wellingborough, NN8 4QA Tel : 01933 223591 | | | | 12-10 PM | 12-10 PM | 2-8 PM | |