

# Our Door is always open for you!

**Mind BLMK's Crisis Cafés**  
Supporting people across  
Bedfordshire, Luton & Milton Keynes

**Where?**



Houghton  
Regis



**Location:**

Townsend Court, Mayer Way,  
Houghton Regis, Bedfordshire LU5 5BF

**Open 5pm - 11pm (Saturday - Wednesday )**



**To find out more:**



**01525 722225**



**crisiscafe@mind-blmk.org.uk**

 **Mind BLMK**

**[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)**

Charity No. 1068724