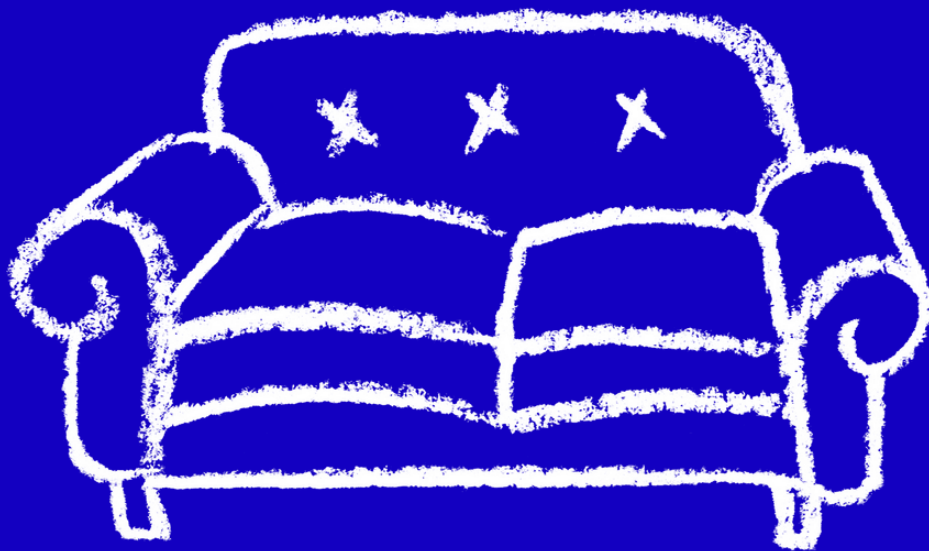


# Are you struggling? We are now open!

Mind BLMK's Houghton Regis  
Crisis Café is here for you



Supporting people in the local area  
with help, advice and a friendly face

**Open 5pm - 11pm**

Sat, Sun, Mon, Tues & Wed



To find out more:

☎ 01525 722225

✉ [crisiscafe@mind-blmk.org.uk](mailto:crisiscafe@mind-blmk.org.uk)

 mind BLMK

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

Charity No. 1068724

# What to 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

Our Crisis Cafés are safe, non-judgemental spaces that you can come to if you find yourself in crisis or mental distress in the evenings.

You will be met by a trained mental health worker who will listen and help you identify ways to address the problems you are facing

## How to find us:

### **We are located at:**

Houghton Regis Crisis Café  
Townsend Court,  
Mayer Way  
Houghton Regis  
LU5 5BF

