

**For more information on crisis support**  
please visit: [www.mind-blmk.org.uk/crisis-support](http://www.mind-blmk.org.uk/crisis-support)

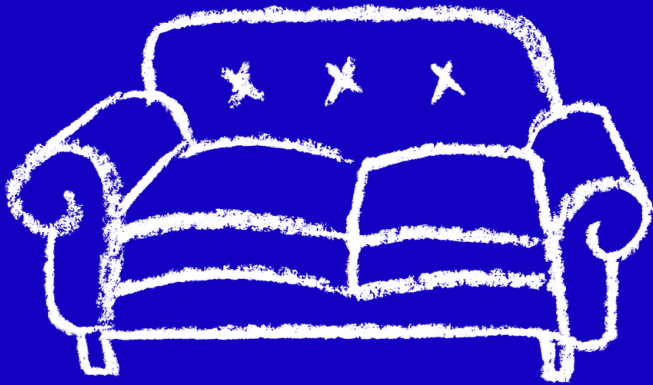
 **01525 722225**

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

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### **Mind BLMK**

The Rufus Centre, Steppingley Road,  
Flitwick MK45 1AH

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

Charity No. 1068724

# Our Door is always open for you!

### **Mind BLMK's Crisis Cafés**

Supporting people across  
Bedfordshire, Luton & Milton Keynes

 **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 to identify ways to address the problems you are facing.

### **Who are the Crisis Cafés for?**

Adults (18+) who are experiencing severe mental health 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 mean no appointment is necessary.

# **Where are the Cafés based?**

Please visit our website ([www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)) the most up-to-date address for your area.

## **Locations**



### **What are the opening times?**

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

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