



Mind BLMK Recovery Lounges

Open 5pm - 11pm (7 days a week) across different venues

Mind BLMK Recovery Lounges (formerly known as Crisis Cafes) are open each evening in Bedfordshire and Luton, please scan the QR code to see the days its near you. Anyone from Bedfordshire and Luton is welcome at any location. The service operates from 5pm-11pm 365 days of the year and can support you to get well, stay well.

Who are the Recovery Lounges for?

All adults (18+) can access the Recovery Lounges to aid in their mental health recovery, help to prevent their mental health worsening or seek support if experiencing severe mental distress.

What can you expect?

- A supportive and safe environment where you can decompress, take some quiet time, speak, and connect with others
- A one-to-one session with a trained mental health worker
- Support to identify positive mental health coping strategies, including goal and safety plans
- Advice and guidance about other support services available in your area and nationally

Do you need an appointment?

Each Recovery Lounge is operating a drop-in service and an appointment is not required. You can head to a location on its operating day.



To find out more:

✉ crisiscafe@mind-blmk.org.uk

 mind BLMK

www.mind-blmk.org.uk

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