#weareNHFT

Northamptonshire Healthcare
NHS Foundation Trust

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 PM - 10 PM	12 PM - 10 PM		2PM - 8 PM
The Mixing Bowl @ Kettering Mind 49-51 Russell St. Kettering, NN16 0EN Tel : 01536 523216		11AM - 10 PM	11AM - 10 PM	11AM - 10 PM			
Daventry Mind, The Old Gasworks Car Park, Brook Street, Daventry, NN11 4GG Tel : 01327 879416			5 PM - 9 PM				
Anchor House @ Northampton Mind 6/7 Regent Square, Northampton NN1 2NQ Tel: 01604 634310 / 624951	12PM -10 PM	12PM -10 PM				2 PM - 10 PM	
The Recovery Café @ Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN10 9YE Tel : 01933 312800	12PM -10 PM	12PM -10 PM	12PM - 10 PM				2 PM - 8 PM
Wellingborough Mind 14 Havelock Street, Wellingborough, NN8 4QA Tel : 01933 223591				12 PM - 10 PM	12PM -10 PM	2PM - 8 PM	

mind | In Northamptonshire
for better mental health

MAKING A DIFFERENCE FOR YOU, WITH YOU

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