

# Melton Neighbourhood Mental Health Café

Drop in support for when you're struggling to cope

Mondays, 10am - 1pm  
Thursdays, 5pm - 8pm

Age UK Leicester Shire & Rutland, Gloucester  
House, 3 Norman Way, Melton Mowbray,  
Leicestershire, LE13 1JE

Phone: 0116 223 7362

Email: [nmhcafe@ageukleics.org.uk](mailto:nmhcafe@ageukleics.org.uk)

For up to date times/dates, scan the QR Code

Neighbourhood  
Mental Health

Cafés



# What is a Neighbourhood Mental Health Café?

Neighbourhood Mental Health Cafés offer local support for people who need immediate help with their mental health.

The cafés are drop-in centres for anyone to come and talk to us about their mental health in confidence - no appointment needed. They are run by partners on behalf of the NHS.

We have supportive, trained staff who can listen and provide the practical support you need.

If you need urgent mental health support, 24/7 support is available over the phone, call NHS 111, selecting option 2 for mental health. This number is open 24 hours a day and is totally free and confidential.

[www.leicspart.nhs.uk/mental-health](http://www.leicspart.nhs.uk/mental-health)

Information may be subject to change, for up to date information on launches, days, times and locations scan the QR code or visit:

[www.leicspart.nhs.uk/service/neighbourhood-mh-cafes](http://www.leicspart.nhs.uk/service/neighbourhood-mh-cafes)

