

Are You Having a Difficult Time ?

Please come and talk to us – we can help with ...

Low Mood **Struggling to Cope** **Mental Health Crisis** **Suicidal Thoughts**

Our **Crisis Café** service offers a safe place, to come and chat with our Crisis Intervention Workers (With access to clinical staff if needed).

Evening

Crisis Café

Open to anyone in Birmingham & Solihull aged 18+

By appointment **ONLY**— 6pm or 8pm

Wednesday, Thursday, Friday, Saturday & Sunday

Due to Covid-19 restrictions and social distancing, appointments will need to be booked in advance. Call us on:

0121 262 3555

to book your place.

Beechcroft

Rear of 501 Slade Road
Erdington B23 7JG

Bus routes:

11c, 11a, 65, X64

