



Jamila's Legacy CIC
Mental Health
Awareness | Resilience | Training



Leicester, Leicestershire
and Rutland

Thurnby Lodge Mental Health Café

Drop in support for when you're
struggling to cope

Wednesdays, 10.30am - 1.30pm
Fridays, 2.30pm - 5.30pm

Thurnby Lodge Community Centre
Thurncourt Road, Leicester, LE5 2NG

Email: info@jamilaslegacy.co.uk

Phone: 07821 849 336

www.jamilaslegacy.co.uk

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Neighbourhood
Mental Health



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, call our free 24/7 Mental Health Central Access Point on 0808 800 3302. Always call 999 if there is a physical threat to life.

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

