



Calm Cafe

Join us at one of our drop in cafes!

Our Calm Cafés are delivered by Telford Mind and Telford & Wrekin Council. We provide support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis. As well as offering support, professionals can also refer and direct you to further services if required.

Who is the Calm Café for?

Calm Cafés are available for anyone 18 years old or over who are finding themselves in a crisis or need support with their mental health.

| Monday | Tuesday | Wednesday | Thursday |
|-----------------------|------------------------|--------------------|------------------------|
| 5pm-8pm | 5pm-8pm | 5pm-8pm | 5pm-8pm |
| Outpost Oakengates | Meeting Point House | Hub on the Hill | Meeting Point House |
| TF2 6EP | TF3 4HS | TF7 4HG | TF3 4HS |

