

# Calm Cafe



The Calm Cafes are delivered by Telford Mind and Telford and Wrekin Council with the support of local organisations. We provide support and safety to people experiencing emotional/mental health crisis. Calm Cafes are available for anyone 18 years and older who find themselves in crisis or who are in need of support with their emotional/mental health to prevent a crisis.

## Café locations, days and times:

Monday	Tuesday	Wednesday	Thursday
5pm-7.45pm	5pm-7.45pm	5pm-7.45pm	5pm-7.45pm
Outpost Oakengates	Donnington Community Hub	Hub on the Hill	Meeting Point House
TF2 6EP	TF2 7PR	TF7 4HG	TF3 4HS