# Calm Cafe

Calm Café is a safe, welcoming space for anyone aged 18+ experiencing emotional or mental health difficulties. Providing community-based crisis intervention and prevention support, helping people manage challenges before they escalate.

You can drop in for support, talk to trained staff, and feel safe in a calm, non-judgemental environment. You can also connect with others if you wish.

## Support Available

**We can support you:**

- Before you attend if you feel anxious
- During the café
- After attending if you need further help

**We can also help you:**

- Access mental health services
- Understand your support options
- Engage with your local community
- Find the right support for you

👉 You can drop in to any of our locations, or contact us if you would prefer to speak to someone first

📞 **07434 869248** 📧 **talk2@telford-mind.co.uk**

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| 5pm-7.45pm<br><br>Outpost Oakengates<br><br>TF2 6EP | 5pm -7.45pm<br><br>The Orbit Wellington (The Orbit)<br><br>TF1 1BY | 5pm-7.45pm<br><br>Hub on the Hill<br><br>TF7 4HG | 5pm-7.45pm<br><br>Meeting Point House<br><br>TF3 4HS |

mind Telford

Telford & Wrekin COUNCIL