

**TURNING  
POINT**  
inspired by possibility



# Hinckley Crisis Café

Are you struggling with your mental health? Feeling overwhelmed or unable to cope? Support is available through our Crisis Café drop in service.

We offer a safe space for those who are struggling as well as emotional support and 1:1 sessions where you can learn practical coping strategies.

No referral is needed, simply come along and visit us.

Location:

Pathways Centre at Hinckley Baptist Church

Baptist Walk

Hinckley

Leicestershire

LE10 1PR

Wednesday, 13:00- 18:30 (starting 20/07/22 and excluding 14/09/22, 12/10/22 and 02/11/22).



Turning Point - Registered Charity 234887  
Standon House 21 Mansell Street London E1 8AA  
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Leicestershire Partnership  
NHS Trust



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What can you expect?



We offer out of hours support in a safe and welcoming environment. Our Recovery Workers provide practical and emotional support whilst empowering people, promoting recovery/ wellbeing and supporting people to build on their strengths and resilience. We also provide the opportunity to speak with people who have lived experience and aim to create a space where you feel accepted and understood.

We wish to create a sense of community and ensure that people know what choices are available to them locally and who to contact when they need help.

Turning Point is an inclusive organisation that welcomes all people, including underrepresented groups such as ethnic minorities, those with disabilities, those belonging to the LGBTIQ+ community, those who are homeless and veterans.

If you need someone to talk to, or have any questions/ enquiries, please contact us on our 24/7 phone line (0808 800 3302) or send us an email ([Leicestershire.Helpline@turning-point.co.uk](mailto:Leicestershire.Helpline@turning-point.co.uk)).