

# Bexley Crisis Café



The Bexley Crisis Café is a safe and friendly place that you can come to if you are experiencing severe emotional or psychological distress. It is a place to access mental health support and advice from mental health and wellbeing workers. We are open outside of usual mental health service hours and if you are a resident of the London Borough of Bexley and over 18 we can offer support and advice in a crisis situation.

## What can you expect?

### Our aim is:

- To help you stay well at home
- Provide you with information that may be useful
  - Help you feel less isolated
- Provide support to learn from a crisis

## Where can you find us?

We are open from 6 pm to 10 pm from Monday to Sunday including Bank Holidays.

## Mind in Bexley

2a Devonshire Road, Bexleyheath, DA6 8DS

## Transport routes:

Buses: B11, B12, B14, B15, B16, 89, 96, 422, 486

Rail: Bexleyheath Overground (10 minute walk)