



Peepul Crisis Café

Feeling stressed, can't cope, can't sleep, sad or lonely?

Mentally affected by job loss, debt, domestic abuse, or any other worry?

You are not alone.

**1 in 4 people
experience mental
health issues.**

**Immediate, Free and
Confidential Support at
Peepul Crisis Cafe
Peepul Centre,
Orchardson Ave,
Leicester, LE4 6DP
Wednesdays, 2pm - 8pm**



What is a Crisis Café?

Crisis Cafés offer local support for people who need immediate help with their mental health. The cafés are safe drop-in centres for anyone to come and talk to us - no appointment needed.

We have supportive, trained staff who can listen and provide free, confidential and practical help.

ANXIOUS

OVERWHELMED

ABUSED

STRESSED

VULNERABLE

ISOLATED

CAN'T SLEEP

ADDICTION

DEPRESSED



NHS

Leicester, Leicestershire
and Rutland