



Leicester, Leicestershire
and Rutland

Rutland Neighbourhood Mental Health Café

Drop in support for when you're struggling
to cope

Thursdays, 5.30pm - 8.30pm

2A High Street, Oakham, LE15 6AL

Fridays, 1pm - 4pm

Town Hall, 49 High Street East, Uppingham, LE15 9PY

Email: nmcsupport@peppersasafeplace.co.uk

Admin Email: nmc@peppersasafeplace.co.uk

Phone/text: 07955 344 126

Website: www.peppersasafeplace.co.uk

Scan the QR code for up to date times/days

Neighbourhood
Mental Health

Cafés

For times when you're struggling to cope

