





## Braunstone Neighbourhood Mental Health Café

Drop in support for when you're struggling to cope

Provided by LLR Mind & Leicester City in the Community

Tuesdays, 1pm - 4pm Sundays, 4pm - 7pm The Grove Community Hub, Cort Crescent, Leicester, LE3 1QZ

Email: nmhc@llrmind.org

Phone: 0116 216 4340

www.llrmind.org



