



**Neighbourhood Mental Health Cafés**

**Enderby Neighbourhood Mental Health Café**

**Every Tuesday**

**4.30pm – 8.30pm**

**Enderby leisure centre**

**Mill Lane**

**Leicester**

**LE19 4LX**



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