

“they were a
godsend...I owe
them so much”

“the manners of the staff
and the environment, greatly
helped me improve my
wellbeing”

Crisis Café at No.93

What we are

An out of hours friendly and supportive community space open to anyone from Manchester, Bolton, Salford and Trafford, experiencing a mental health crisis. Our aim is to offer support and advice from qualified Mental Health Practitioners and support staff in a relaxed and comfortable environment, avoiding long waits in Emergency Departments.

What we do

- Provide one to one sessions with experienced Mental Health workers
- Provide help for people to stay well at home
- Signpost to other local support services
- Offer interventions to help identify positive coping strategies.

Where to find us

No.93 Harpurhey Wellbeing Centre,
93 Church Lane, Manchester M9 5BG

Monday to Friday, 8pm to 1am (inc
Bank Holidays).

Saturday and Sunday, 3pm to 1am.

Contact

GMMHCrisisCafe@gmmh.nhs.uk

Call **07778012838** or **0161 271 0339**

**Please phone ahead before
dropping in.**