

Nottinghamshire Crisis Sanctuaries

**Are you worried?
Are you feeling anxious?
Do you need to talk?**



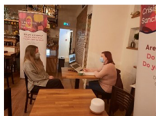
Scan for more information

If you're struggling with your mental health or wellbeing our team is ready to listen and are waiting to hear from you. We are here to offer support, information and guidance to anyone 18 years or older in a safe, welcoming and confidential space.

Tel: 0115 844 1846



Our drop in Cafes are open seven nights a week across Nottingham City and Nottinghamshire. Offering an alternative pathway to seek help and be heard.



You can either call in or get support over the phone.

For more information visit us at:
www.nottinghamshirecrisisanctuaries.tv

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