

'Maybe you can't quite put your finger on it, but you're not feeling okay'



The Crisis café

The Crisis Café at Kettering Mind offers support and safety to anyone over the age of 18 years old, in need of mental health support.

The purpose of the café is to help individuals access the right support at the right time. Being based in the Russell Street premises and working in partnership with healthcare professionals, helps break down the barriers to accessing timely interventions.

Individuals may come along when they're finding everyday life hard. They might:

- be feeling tired more often, be feeling emotional,
- not want to do the things that they usually enjoy
- be feeling anxious, worried or panicky
- have experienced a life event that has impacted their ability to cope
- be having a 'dip' in mental health, that they are usually able to manage

Whatever individuals are struggling with, coming to the café is the first step, to seeking help.

What happens when someone visits the café?

Kettering Mind have an established team of support workers who will welcome individuals when they arrive. As soon as someone is free they will invite them over to have a chat, to find out what has brought them into the crisis café that day. There is no pressure for anyone to disclose or talk about anything they don't feel comfortable with.

Working in partnership with the NHS means there is a qualified mental health nurse and health worker available, usually based at Kettering, to chat with.

How will coming to the café help someone?

The worker will do what they can to put the individual at ease and may ask some questions to help them chat freely. Once it is identified what they are struggling with, we can offer:

- tools to cope and approaches to help
- information, advice and support
- a safe & supportive place to be (instead of going to A&E)
- NHS Health professionals can also refer and guide the individual to further services if needed.

Individuals do not need to be in crisis to access the café, as we are here to help manage a situation and avert a potential crisis from developing.

Are appointments needed?

No, individuals can drop in when we are open. To get the most out of the visit however, we encourage individuals to attend by 9.30pm. If someone is anxious about dropping in, they are welcome to ring in advance so the team know to look out for them.

How is the service funded?

This service is funded by NHS Northamptonshire Healthcare Foundation Trust

Kettering Mind Contact details

- **Telephone:** 01536 523216
- **Email:** info@ketteringmind.org.uk

Kettering Mind
49 – 51 Russell Street
Kettering
Northamptonshire NN16 0EN

Timetable of Crisis Cafes around Northamptonshire:

Crisis Café Timetable	MON	TUE	WED	THU	FRI	SAT	SUN
The Mixing Bowl - Kettering Mind 49-51 Russell Street, Kettering, NN16 0EN Tel : 01536 523216		12-11pm	12-11pm	12-11pm			
The Sanctuary - Corby Mind 18 Argyll St, Corby, NN17 1RU Tel : 01536 267280				12-10pm	12-10pm		2-8pm
Wellingborough Mind 14 Havelock Street, Wellingborough, NN8 4QA Tel : 01933 223591				12-10pm	12-10pm	2-8pm	
Anchor House - Northampton Mind 6/7 Regent Square, Northampton NN1 2NQ Tel: 01604 634310 / 624951	12-10pm	12-10pm				2-10pm	
The Recovery Café - Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN10 9YE Tel : 01933 312800	12-10pm	12-10pm	12-10pm				2-8pm
Daventry Mind - The Old Gasworks Car Park, Brook Street, Daventry, NN11 4GG Tel : 01327 879416			5-9pm				

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Registered Charity Number: 1069373

Registered Company Number: 3530898

Jul 2022



Crisis Café

Kettering Mind Mixing Bowl

Drop-in mental health support for any adult in need