



Crisis Services, here for you

Crisis Helpline

Our crisis helpline provides emotional support, advice and information if you are feeling distressed and are in crisis. You can also call us if your mental health is impacted by the current Covid-19 pandemic.

**The helpline is open 7 days a week
365 days a year from 7pm - 1am**

01923 256391



Crisis Cafes

The cafes are staffed by a team who are on hand to listen to you and work alongside you to support you during your crisis. We understand that everyone's crisis is unique to them. At the Crisis Café, you can access support in a way that suits you, whether that's through talking to someone or simply having time to yourself.

Our Crisis Cafes are currently operating by appointment only, in our Watford or Ware Wellbeing Centres dependent on need. If you would like to come in to a Crisis Cafe, please call us on **01923 256391**.

Opening times: 6pm - 11pm Mon- Fri and 3pm - 11pm at weekends*

NightLight

NightLight is a safe haven for you to use if you are in crisis and want some time out or would like to talk through the issues that you are experiencing with someone who will listen, but not make judgements.

NightLight is currently operating by appointment only, if you would like to use the service, please call us on **01923 256391**.

Opening times: 7pm - 2am Fri, Sat, Sun and Mon nights every week*

*** Please make sure you book an appointment on 01923 256391.**