

Are you struggling to cope?

Mind BLMK's Recovery Lounges are here for you!

Each Recovery Lounge is operating a drop-in service and an appointment is not required.

You can head to a location on its operating day.

Monday

The Lighthouse, Whichellos Wharf, The Elms, Leighton Buzzard,
LU7 2TD

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LU7 2TD

Wednesday

Luton Wellbeing Centre, Dumfries Street, Chapel Langley, Luton,
LU1 5BP

Thursday

Bedford Wellbeing Centre, 3A Woburn Road, Bedford,
MK40 1EG

Friday

The Lawns Mental Health Resource Centre, The Baulk, Biggleswade,
SG18 0PT

Saturday

Luton Wellbeing Centre, Dumfries Street, Chapel Langley, Luton,
LU1 5BP

Sunday

Florence Ball House, Kimbolton Road, Bedford,
MK40 2PU

Open 5pm - 11pm, 7 days a week
across Bedfordshire & Luton



Find out more:

 crisiscafe@mind-blmk.org.uk

The logo for Mind BLMK, featuring a stylized blue flower-like symbol to the left of the word "mind" in a script font, with "BLMK" in a bold, sans-serif font below it.

www.mind-blmk.org.uk

Charity No. 1068724