

Crisis Cafes

Richmond & Kingston residents:

Crisis cafes:

<https://www.rbmind.org/support-for-adults/journey-recovery-hub/>

Merton, Wandsworth, Kingston, Sutton, Croydon and Richmond residents:

Sunshine Recovery Cafe
296a Kingston Road, Wimbledon Chase,
SW20 8LX

<https://www.cdars.org.uk/mental-health-support>

Wandsworth:

South West London Recovery Café

The Recovery Café offers a safe, inclusive and welcoming space for all adults living in South West London who are struggling with their mental health during the evening and weekends. Volunteers and staff can support you to develop a safety plan, and talk through resilience and coping mechanisms if you are experiencing symptoms of ill mental health. There's no need for an appointment, if you're struggling, just drop-in for a chat!

Open Monday to Friday: 6pm - 11pm
Weekends: 4pm - 11pm

Find us:
966 Garratt Lane
Tooting
SW17 0ND

Contact us:
Mobile: 07794394920
Email: Recovery.Cafe@hestia.org

<https://www.hestia.org/mental-health-recovery-cafe>

Other London Boroughs:

Hestia's Directory of London Crisis Cafes:

<https://www.hestia.org/hestia-london-crisis-support-directory>

Surrey & North East Hampshire:

Surrey & Borders NHS Partnership run five Safe Havens across Surrey and North East Hampshire, in partnership with local mental health charities. Safe Havens are open every day of the year, including bank holidays.

Opening hours: 6pm to 11pm

In-person locations:

Aldershot (run by Andover Mind and Catalyst)

Epsom (run by Mary Francis Trust)

Guildford (run by Catalyst)

Redhill (run by Waythrough)

Woking (run by Catalyst)

If you can't attend in person, you can join a Virtual Safe Haven from your phone, tablet or computer.

<https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>
