

# Mind Works young people's drop-in café

Age 17 or under?

Worried about your mental health?

Want to talk to someone about your concerns?

**Mind Works** is an informal mental health drop-in café in Warrington. Drop by to see us on:

- **Monday** - Orford Youth Base, Orford Youth Centre, Capesthorpe Road, Warrington WA2 0JF - 3.30pm - 6.00pm
- **Tuesday** - Warrington Youth Cafe, New Town House, Buttermarket Street, Warrington, WA1 2NH - 12.00pm - 1.00pm
- **Wednesday** - Orford Youth Base, Orford Youth Centre, Capesthorpe Road, Warrington WA2 0JF - 4.00pm - 5.00pm
- **Wednesday** - Warrington Youth Cafe, New Town House, Buttermarket Street, Warrington, WA1 2NH - 5.00pm - 6.00pm

You will be able to speak to a mental health professional about your difficulties. This could be alone or you can bring someone with you if you like.

They will ask you some questions about your current difficulties. Together you will agree a plan of support and they will explain what happens next.

**For more information...**

Tel: **01925 579405**

Web: [www.nwbh.nhs.uk/child-adolescent-mental-health-services](http://www.nwbh.nhs.uk/child-adolescent-mental-health-services)

