

# Sefton Crisis Cafe



*Based in Southport and Crosby, we offer drop-in sessions between the hours of 5-11pm on Friday, Saturday and Sunday to give adults aged 18+ a place of safety as an alternative to A&E.*

We offer one to one support and a social space with refreshments, to reduce distress and better manage crisis situations. We can also provide support via phone, Zoom or email.

Looking for support in a mental health crisis?

## Crisis Cafe

can help...

- Support in a crisis
- Signpost to services
- Improve your wellbeing
- Support your recovery

Have a cup of tea with us

**5pm-11pm**  
Friday, Saturdays  
and Sundays

**Alchemy Southport**  
Mornington Road,  
Southport,  
PR9 0TS  
Contact: 0300 323 0197

**Alchemy Crisis Café**  
Mornington Road  
Bus routes: 44, 47, 49

**Sefton CVS**  
Supporting Local Communities

**NHS Mersey Care**  
NHS Foundation Trust  
Community and Mental Health Services

**NHS Southport and Formby**  
Clinical Commissioning Group

**Sefton Council**

Crisis Café is managed by Sefton Council for Voluntary Service (CVS). Registered Charity No 1024546. Registered in England Company Limited by Guarantee No 2832920.

# Sefton Crisis Cafe



Serving South Sefton, we offer out of hours support to anyone experiencing a mental health crisis. rving Southport and Formby, we offer out of hours support to anyone experiencing mental health crisis in Sefton.

Looking for support in a mental health crisis?

## Crosby Crisis Cafe

(serving South Sefton) can help...

Support in a crisis

Signpost to services

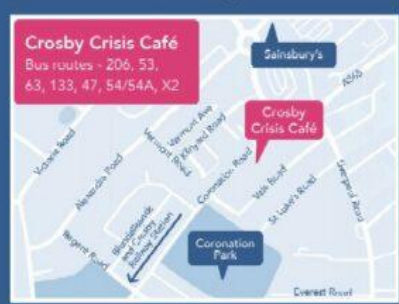
Improve your wellbeing

Support your recovery

Have a cup of tea with us

5pm - 11pm  
Friday - appointment only  
0300 323 0197  
Saturday/Sunday - drop-in

**Parenting 2000**  
Crosby Youth and Community Centre  
58 Coronation Road, Crosby, L23 5RQ  
T 0300 323 0197  
E [crisiscafe@seftoncv5.org.uk](mailto:crisiscafe@seftoncv5.org.uk)  
W [www.seftoncv5.org.uk](http://www.seftoncv5.org.uk)  
We support people aged over 18



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