



The Lighthouse

NHS
East London
NHS Foundation Trust

Sometimes all you need is a kind word, reassurance and a cup of tea

Come and see us:



if you want support to reduce an immediate crisis



if you need advice from qualified mental health staff



for advice relating to caring for a loved one with a mental health condition



if you are lonely or isolated

YOU DON'T NEED A REFERRAL OR TO BE DIAGNOSED WITH A MENTAL HEALTH CONDITION - JUST COME ALONG

Everyone is welcome!

Monday	5.30pm	9pm	Whichello's Wharf The Elms, Stoke Road, Leighton Buzzard LU7 2TD
Tuesday	5.30pm	9pm	
Wednesday	10 am	3pm	
Friday	5.30pm	9pm	

✉ elft.thelighthouse@nhs.net

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