

# Safe Haven

## in Guildford

**When you need support for  
your emotional or mental health**



**Oakleaf Enterprise**

**101 Walnut Tree Close, Guildford, GU1 4UQ**

**Open 6.00pm – 11.00pm**

**365 days a year**

## What is the Safe Haven?

It's an informal place that offers you a safe, calm and friendly environment when you need support for your emotional or mental health when you feel unable to cope.

You can drop in to the Safe Haven at any time without making an appointment.

If you are unable to get to the Safe Haven, an Outreach Worker can support you. Please contact the Guildford Safe Haven for more information.

## What can you expect when you visit the Safe Haven?

- Your mental wellbeing is our top priority at Guildford Safe Haven.
- You will receive help and support from trained staff, including qualified mental health professionals.
- You can meet and chat to other people who may be having similar experiences to you.
- The Safe Haven provides a friendly informal place with quiet areas if you want to have your own space.
- We can help you access other services, if you have a need for that.

## Where can you get support at other times?

- NHS 111: Call 111 for free, 24 hours a day
- Sane: Call 0845 767 8000 6pm – 11pm every day [www.sane.org.uk](http://www.sane.org.uk)
- Mental Health Crisis Helpline: Call 0300 456 83 42 | Text 07717 98 90 24  
Monday to Friday 5pm – 9am | Weekends bank holidays 24 hrs  
[www.sabp.nhs.uk/advice/crisis-help](http://www.sabp.nhs.uk/advice/crisis-help)
- First Steps Surrey: [www.firststeps-surrey.nhs.uk/getting-more-help](http://www.firststeps-surrey.nhs.uk/getting-more-help)
- Community Connections Surrey: [www.communityconnectionsurrey.com](http://www.communityconnectionsurrey.com)
- Citizens Advice Bureau Guildford: [www.guildfordcab.org.uk](http://www.guildfordcab.org.uk)
- Citizens Advice Bureau Waverley: [www.waverleycab.org.uk](http://www.waverleycab.org.uk)
- The Welcome Project: [www.welcomeprojectsurrey.co.uk](http://www.welcomeprojectsurrey.co.uk)

# Where can you find us?



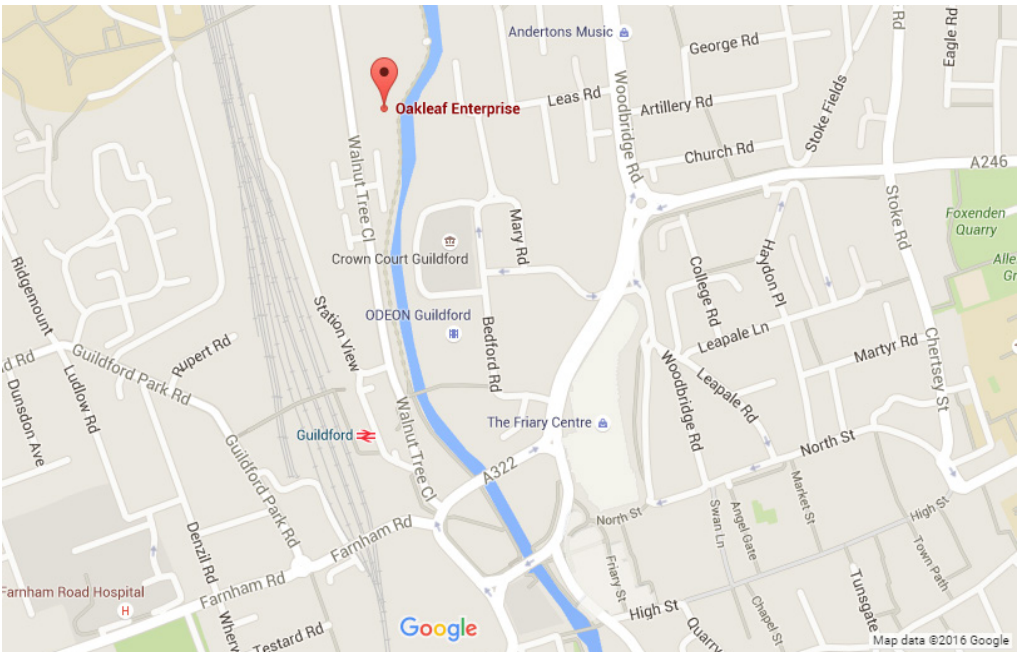
Oakleaf Enterprise  
101 Walnut Tree Close  
Guildford, GU1 4UQ.

Open 6pm – 11pm every evening,  
365 days a year.

The Guildford Safe Haven is  
located near Guildford train  
station, on Walnut Tree Close.

Disabled access is available.

Website: [www.oakleaf-enterprise.org](http://www.oakleaf-enterprise.org)  
Email: [safehaven@oakleaf-enterprise.org](mailto:safehaven@oakleaf-enterprise.org)



# Safe Havens in Surrey and North East Hampshire

You can visit any of the other Safe Havens in Surrey and North East Hampshire if you are in the area, and find that you need support.

## Aldershot

The Wellbeing Centre  
121-123 Victoria Road  
Aldershot, GU11 1JN

Monday to Friday: 6.00pm – 11.00pm  
Weekends: 12.30pm – 11.00pm  
Bank holidays: 12.30pm – 11.00pm

## Epsom

The Larches  
44 Waterloo Road  
Epsom, KT19 8EX

Monday to Friday: 6.00pm – 11.00pm  
Weekends: 6.00pm – 11.00pm  
Bank holidays: 6.00pm – 11.00pm

## Guildford

Oakleaf Enterprise  
101 Walnut Tree Close  
Guildford, GU1 4UQ

Monday to Friday: 6.00pm – 11.00pm  
Weekends: 6.00pm – 11.00pm  
Bank holidays: 6.00pm – 11.00pm

W: [www.oakleaf-enterprise.org](http://www.oakleaf-enterprise.org)  
E: [safehaven@oakleaf-enterprise.org](mailto:safehaven@oakleaf-enterprise.org)

## Redhill

Wingfield Resource Centre  
St Anne's Drive  
Redhill, RH1 1AU

Monday to Friday: 6.00pm – 11.00pm  
Weekends: 6.00pm – 11.00pm  
Bank holidays: 6.00pm – 11.00pm

## Woking

The Prop  
30 Goldsworth Road  
Woking, GU21 6JT

Monday to Friday: 6pm – 11.00pm  
Weekends: 3.00pm – 8.00pm  
Bank holidays: 3.00pm – 8.00pm

Guildford Safe Haven is provided in partnership with:

