

Other safe havens in the area

Safe Haven in Aldershot

The Wellbeing Centre
121-123 Victoria Road
Aldershot
GU11 1JN
Monday to Friday 6pm—11pm
12.30pm—11pm on weekends
and bank holidays

Safe Haven in Guildford

Oakleaf Enterprise
101 Walnut Tree
Guildford
GU1 4UQ
Open daily 6pm—11pm
including bank holidays

Safe Haven in Redhill

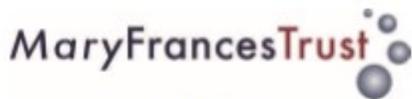
Wingfield Resource Centre
St Annes Drive
Redhill
RH1 1AU
Monday—Sunday 6pm—11pm

Every year 1 in 4
of us will
experience a
mental health
problem

Safe Haven in Woking

The Prop
30 Goldsworth Road
Woking
GU21 6JT
Monday to Friday 6pm—11pm
3pm—8pm on weekends and bank
holidays

This service is delivered in partnership with the following organisations



Safe Haven

in Epsom

*When you need support in an emotional
or mental health crisis*



When: 6pm—11pm every evening, 365 days of the year

Where: The Larches, 44 Waterloo Road, Epsom, Surrey KT19 8EX

Safe Haven in Epsom

If you're looking for someone to talk to, or just a space to meet people who may be going through a similar emotional or mental health crisis as you, then come and see us at the safe haven in Epsom.

We are an informal safe space that support you to take control of, and improve, your own mental health. We provide a warm and friendly place to help you do so.

You're welcome even if you live outside of the Epsom area—our doors are open to everyone who needs us.

If you prefer to remain anonymous, you can—we don't mind.

What can I expect?

- A welcome with a hot drink
- No waiting
- Help and support from professionals and others going through similar experiences
- Ability to simply have your own space
- Private space for one to one time with a professional if you wish
- You can remain anonymous
- Your visit won't be recorded on your medical record
- Signposting to other services if desired and appropriate
- Supporting you to better manage your mental health
- Open to everyone, regardless of where you live
- Disabled access

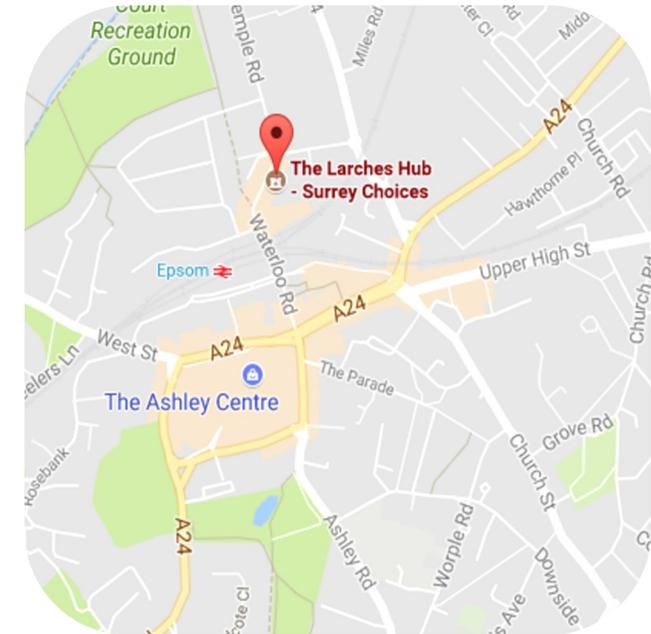


If you need this leaflet in an alternative format please contact Surrey Downs CCG Communications Team 01372 201500

Where can you find us?

We use the Surrey Choices building at the address below.

The Larches
44 Waterloo Road
Epsom
Surrey
KT19 8EX



When: 6pm—11pm every evening, 365 days of the year.

If you need support at other times

We are open every evening of the year, but sometimes you might need support during the day. If you find yourself in this situation, there are a number of other services available to support you during an emotional or mental health crisis.

The **Samaritans** can also provide support and are available 24 hours a day, every day. You can call them on **116 123** or visit their website: www.samaritans.org

The Surrey **mental health crisis line** is available 5.00pm—9.00am Monday to Friday, and 24 hours at weekends and bank holidays. You can call them on **0300 456 83 42**. There is a SMS texting facility for people who are deaf or hard of hearing: **07717 989024**

For more information on other mental health services in the area, see www.surreydownscg.nhs.uk/emotionalwellbeing