

# Adult Mental Health Crisis Services

## Christmas opening hours 2018

Christmas can be a difficult time of year. That's why our crisis services are available every day, right the way through the holiday season.

### **Safe Havens in Epsom, Guildford, Redhill, and Woking**

Open every day, including all the Bank Holidays. If you are in a mental health crisis drop in anytime between 6pm to 11pm.

### **Aldershot Safe Haven**

Open to anyone in a mental health crisis every week day from 6pm to 11pm, and weekends and Bank Holidays from 12.30 to 11pm.

### **Crisis Line**

Our crisis line is open from 5pm to 9am every week day, and 24 hours a day over weekends and Bank Holidays.

Ring 0300 456 8342  
or text 07717 989024



Find more information about Safe Havens, including location details, on our website: [www.sabp.nhs.uk/safehaven](http://www.sabp.nhs.uk/safehaven)