

Where to find us

If you're in mental health crisis:

Drop in anytime between 6pm and 11pm, 365 days a year.

Want to speak to other people who know what you're going through?

Drop in for peer or wellbeing support between 6pm and 8pm (6pm - 7pm in Epsom), 365 days a year.

Aldershot*

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

Epsom

The Larches, 44 Waterloo Road, KT19 8EX

Guildford

Oakleaf Enterprise, 101 Walnut Tree Close, GU1 4UQ

Redhill

Wingfield Centre, St Annes Drive, RH1 1AU

Woking

The Prop, 30 Goldsworth Road, GU21 6JT

* Aldershot Safe Haven opens earlier, from 12.30pm, on weekends and bank holidays

For more information about each venue visit www.sabp.nhs.uk/safehaven

A partnership between:



Andover



Surrey and Borders Partnership NHS Foundation Trust
Surrey Community Connections Providers
and Surrey and North East Hampshire's
Six NHS Clinical Commissioning Groups

If you would like this information in another format or another language:

Call: 01372 216285

SMS text: 07786 202545

Email: communications@sabp.nhs.uk

Surrey and Borders Partnership
NHS Foundation Trust
18 Mole Business Park, Leatherhead,
Surrey KT22 7AD

Tel: 0300 55 55 222

Textphone: 020 8964 6326

www.sabp.nhs.uk

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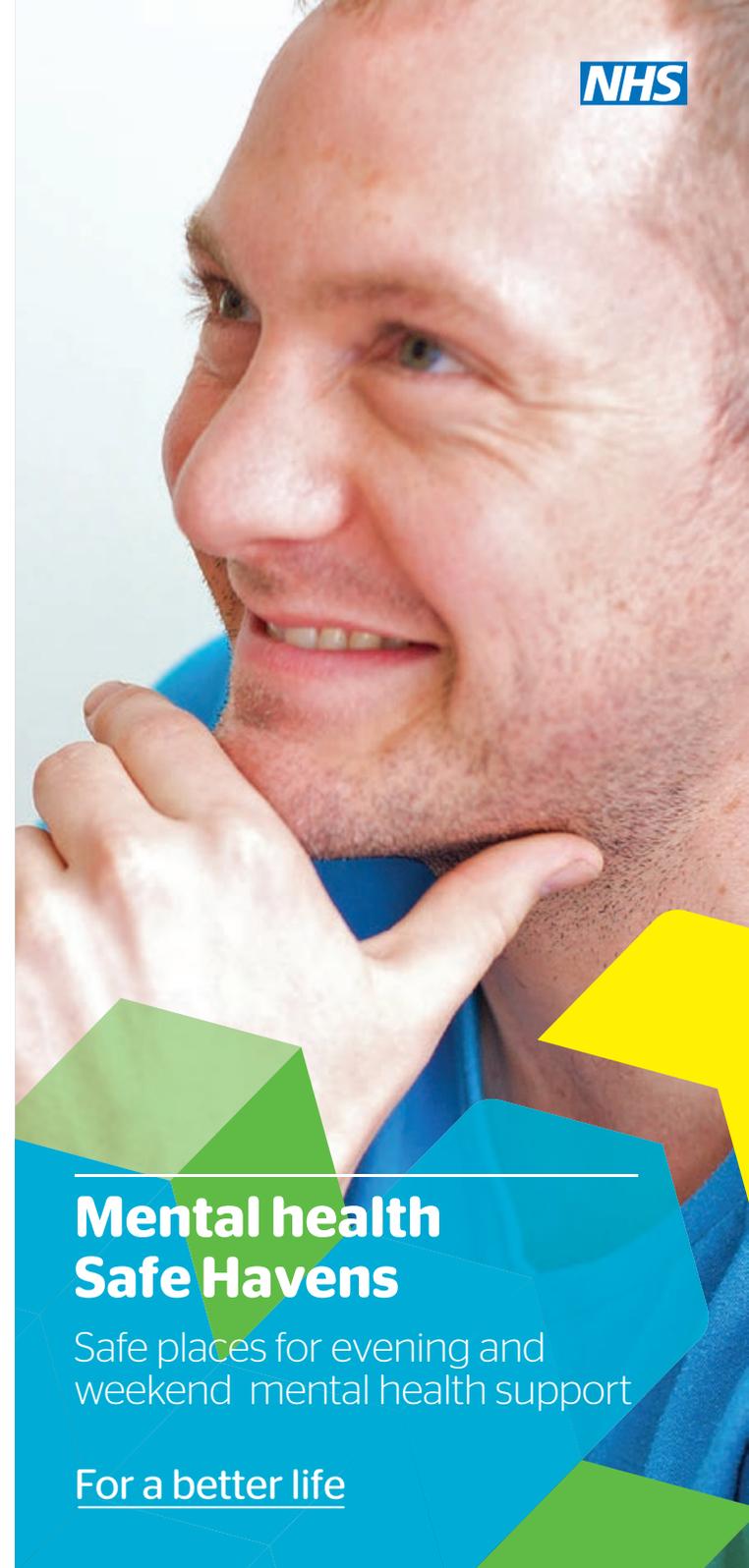
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Mental health Safe Havens

Safe places for evening and weekend mental health support

For a better life





If you're looking for urgent mental health support outside normal working hours, Safe Haven is here for you.

Get expert help and advice from professionals in a safe, relaxed and friendly environment and meet others who may be having similar experiences to you.

You can talk as much or as little as you want. If you prefer, you can just sit with us and have a drink. Whatever support you need we are here to help you - whether you are in emotional distress yourself, or seeking support for someone you know.

Come along and see us: you can drop-in to any of our Safe Havens regardless of where you live. No appointment is needed.

Why Safe Haven?

If you're seeking urgent mental health support during evenings and weekends you might feel you have nowhere to go and turn to your local A&E for face-to-face help and advice. However, A&E isn't always the best place. It can be busy and you may have to wait to see a mental health professional. This is why local NHS and voluntary sector organisations have teamed up to create five Safe Havens which are:

- Specifically designed to support those in mental distress
- Staffed by mental health professionals and peer support workers
- Able to address your symptoms in a timely way and offer information and advice about other relevant services in your area
- Supporting you to stay well at home

Carers and family members can feel isolated too and Safe Haven offers you a place to come where someone will understand what you're going through.

Useful contacts:

- **Surrey and NE Hants Mental Health Crisis Helpline**
Call: 0300 456 8342
SMS text: 07717 98 90 24
Open 5pm - 9am, Monday - Friday
24 hours on weekends and bank holidays
- **Samaritans: 116 123**
Open 24 hours a day, 7 days a week
www.samaritans.org
- **NHS: 111**
Open 24 hours a day, 7 days a week
www.nhs.uk

What people say:

- "It's a very friendly atmosphere and there are volunteers who have used mental health services themselves"
- "Nobody judges you"
- "When you're feeling down, depressed or in a crisis, you just come in and the staff will help you."
- "Coming in here... it's literally been a lifesaver."