

Mental health Safe Havens

Safe places for evening and weekend mental health support

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

Get expert help and advice and meet others with lived experience of mental ill-health in a safe, relaxed and friendly environment.

You can talk as much or as little as you want. Whatever support you need we are here to help you - whether you are at crisis point yourself, seeking support as a carer or for someone you know.

Come along and see us: you can drop-in to any of our Safe Havens in Surrey and NE Hants and you don't have to book an appointment.



Where to find us

<p>Aldershot The Wellbeing Centre, 121-123 Victoria Road, GU11 1JN</p>	<ul style="list-style-type: none"> ➤ 6pm - 11pm, Monday - Friday ➤ Weekends and bank holidays: 12.30pm - 11pm ➤ Drop in for peer or wellbeing support: 6pm-8pm, 365 days per year plus 12.30pm - 2.30pm, on weekends and bank holidays.
<p>Epsom The Larches, 44 Waterloo Road, KT19 8EX</p>	<ul style="list-style-type: none"> ➤ 6pm - 11pm 365 days a year ➤ 6pm - 7pm wellbeing/ peer support
<p>Guildford Oakleaf Enterprise, 101 Walnut Tree Close, GU1 4UQ</p> <p>Redhill Wingfield Resource Centre, St Annes Drive, RH1 1AU</p> <p>Woking The Prop, 30 Goldsworth Road, GU21 6JT</p>	<ul style="list-style-type: none"> ➤ 6pm - 11pm, 365 days a year ➤ 6pm - 8pm wellbeing / peer support

A partnership between:



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