### **Opening times**

### We're open:

6-11pm every day, including weekends and bank holidays

Wingfield Resource Centre, St Annes Drive, Off Noke Drive, Redhill RH1 1AU

This location has step free access. A small number of parking spaces are available.

For more information, visit www.sabp.nhs.uk/safehaven

If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:

Tel: 01372 216285 email: communications@sabp.nhs.uk

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### Surrey and Borders Partnership NHS NHS Foundation Trus



# Safe Haven, Redhill

A safe place for anyone experiencing a mental health crisis

# For a better life





If you're experiencing a mental health crisis or know someone who is and you need support, Safe Haven is here for you.

We're based at Wingfield Resource Centre and are open every evening of the year for anyone who needs help.

Mental health professionals are here to talk, listen and help you through. Come along and see us: you don't have to book a place and you can talk as much or as little as you want. If you prefer, you can just sit with us and have a drink.

We offer a relaxed environment and everyone is welcome - whatever support you need, we're here to help you.

We provide Safe Haven in partnership with NHS East Surrey Clinical Commissioning Group, Richmond Fellowship and Reigate Stepping Stones.

# Why Safe Haven?

People experiencing a mental health crisis can feel that they have nowhere to go and no one to turn to, and often end up going at their local A&E.

However, A&E isn't always the best place it can be busy and isn't staffed by mental health professionals. This means:

- People's symptoms aren't always addressed in a timely way
- They might have to wait to see the right person and deteriorate in the meantime
- They're more likely to be admitted to hospital.

Safe Haven is an alternative to A&E. We know that, with the right help, people can stay settled at home and be supported through their crisis.

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.





