



Coventry & Warwickshire
Mind's **Safe Haven** provides
an out-of-hours mental health
support service to people across
Warwickshire.

Warwickshire Safe Haven service now available seven evenings a week!

Open from 6pm to 11pm **every evening**.

For anyone aged 16+ who is struggling.

Wellbeing practitioners are on hand each evening to provide support and signposting.

The Safe Haven is a service for people who

...feel as though they are unable to cope

...may not know where to start looking for help

...need out-of-hours mental health support

This is a free open service for anyone over 16 years
– you do not already have to be known to the service

Wellbeing practitioners will be available for face-to-face appointments*, by phone, video link, text message or email.

** Face-to-face appointments should be booked. Please contact the Safe Haven staff between the hours of 6pm and 11pm who will arrange an appointment with you.*

The Safe Haven team will provide reassuring support for those who are finding life difficult.

Wellbeing practitioners will guide towards creating coping strategies which support the self-management of mental health and emotional wellbeing.

Contact the team in the following ways

(024) 7771 4554

(07970) 042270

safehaven@cwmind.org.uk

Safe Haven Warwickshire, Newtown Chambers,
Corporation Street, Nuneaton CV11 5XR