



**Are you holding on for dear life?  
Need help to anchor and to cope?**

Contact Safe Haven Warwickshire for out of  
hours support, seven evenings a week.

**We're here for you.**

# Safe Haven

## Warwickshire

### Out of hours support

Open from 6pm to 11pm every evening

Available to anyone in Warwickshire aged 16+.

Are you feeling distressed or in crisis?  
Are you struggling with your mental health in the evenings,  
when other services are closed?

Our dedicated, experienced team of  
Wellbeing Practitioners offer immediate mental health  
support either by phone, text message, email or video link.  
Bookable face-to-face appointments are also available.

To speak to a member of the Safe Haven  
Warwickshire team, please contact

**(024) 7771 4554    (07970) 042270**

**[safehaven@cwmind.org.uk](mailto:safehaven@cwmind.org.uk)**

**[www.cwmind.org.uk](http://www.cwmind.org.uk)**