

Haringey Mental Health

SAFE HAVEN CRISIS HUB

Are you experiencing a crisis?

**Feeling sad, low and really struggling to keep going
and would like support to get through this?**

If you are please contact the Haringey Safe Haven Crisis Hub a service for those aged 18+. Safe Haven is a short term mental health and wellbeing support service. The staff, who include those with a lived experience of mental health can offer support to get through this period of crisis. This will include non-judgemental listening, working with you to find ways of managing the crisis and then suggesting long term support.

**Contact us 0800 953 0223
7 days a week between 5pm- 9pm.**

**This service will be beneficial
if you are having:**

- Suicidal thoughts
- Self- harm thoughts
- Low mood and anxiety
- Social crisis
- Deteriorating mental health



Promoting positive mental health

What do We Do

Our trained peer support workers specialise in crisis de-escalation and prevention and are here to support you without judgement.

Our support is person centred and what is offered depends on your needs, here is some of what we offer:

- Crisis de-escalation
- Listening ear
- Emotional support
- Non-judgemental listening
- Building support network through signposting & referrals
- Coping strategies and building resilience

How to access the service:

This service is available **7 days a week between 5pm- 9pm**. Currently available for face-to-face appointments from two locations :

Mulberry Junction- Monday, Thursday & Saturday(Address: 332 High Road, London N15 4BN)

Mind in Haringey- Tuesday, Wednesday, Friday & Sunday(Address: 73c Stapleton Hall Road, Finsbury Park, London N4 3QF)

We are planning to move to a new location in the near future.

Contact us via our freephone number on **0800 953 0223** - call ahead of drop-ins; last admission to the service is by 8:30pm

