

## Other Safe Havens in the area

### Safe Haven in Aldershot

The Wellbeing Centre  
121-123 Victoria Road  
Aldershot  
GU11 1JN  
Monday to Friday 6pm -11pm  
Weekends and bank holidays  
12.30pm -11pm

### Safe Haven in Woking

The Prop  
30 Goldsworth Road  
Woking  
GU21 6JT  
Monday to Friday 6pm -11pm  
Weekends and bank holidays  
12.30pm -11pm

### Safe Haven in Camberley

The Welcome Project  
147 London Road  
Camberley  
GU15 3JY  
Mondays and Fridays 6pm -11pm

### Safe Haven in Guildford

Oakleaf Enterprise  
101 Walnut Tree Close  
Guildford  
GU1 4UQ  
Monday to Sunday 6pm -11pm  
including bank holidays

### Safe Haven in Redhill

Wingfield Resource Centre  
St Anne's Drive  
Redhill  
RH1 1AU  
Monday to Sunday 6pm -11pm  
including bank holidays.

This service is delivered in partnership with:

MaryFrancesTrust  Surrey and Borders Partnership   
NHS Foundation Trust



Leaflet produced by Surrey Downs Clinical Commissioning Group: June 2016



# Safe Haven

## in Epsom

*When you need support in an emotional  
or mental health crisis*



**When:** 6pm - 11pm every evening, 365 days of the year  
**Where:** The Larches, 44 Waterloo Road, Epsom, Surrey KT19 8EX

# Safe Haven in Epsom

If you're looking for someone to talk to, or just a space to meet people who may be going through a similar emotional or mental health crisis as you, then come and see us at the Safe Haven in Epsom.

We are an informal, safe space that supports you to take control of, and improve, your own mental health. We provide a warm and friendly place to help you do so.

You're welcome even if you live outside of the Epsom area - our doors are open to everyone who needs us.

If you prefer to remain anonymous, you can - we don't mind.

## What can I expect?

- A welcome with a hot drink
- No waiting
- Help and support from professionals and others going through similar experiences
- Ability to simply have your own space
- Private space for one to one time with a professional if you wish
- You can remain anonymous
- Signposting to other services if desired and appropriate
- Supporting you to better manage your mental health
- Open to everyone, regardless of where you live
- Disabled access and facilities.

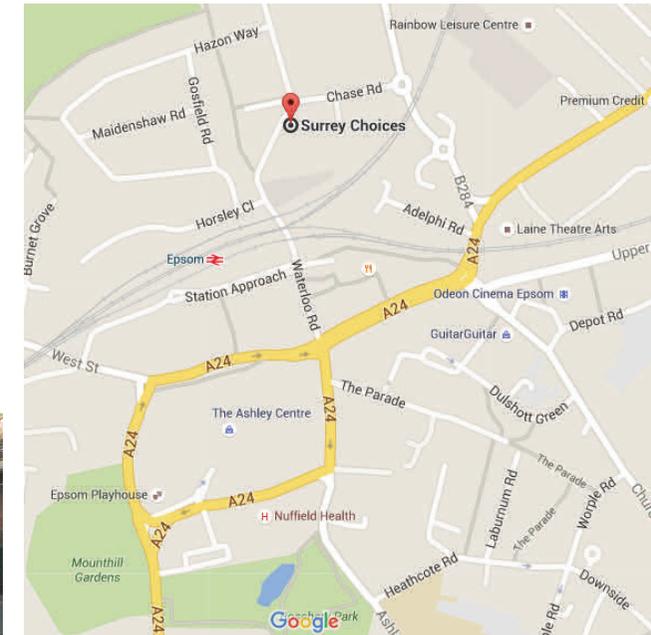


**If you need this leaflet in an alternative format please call 01372 201500 or email [contactus.surreydownscg@nhs.net](mailto:contactus.surreydownscg@nhs.net)**

## Where can you find us?

We use the Surrey Choices building:

The Larches  
44 Waterloo Road  
Epsom  
Surrey  
KT19 8EX



## If you need support at other times

We are open **6pm - 11pm, 365 days of the year**, but sometimes you might need support during the day. If you find yourself in this situation, there are a number of other services available to support you during an emotional or mental health crisis.

The **Samaritans** can provide support and are available 24 hours a day, every day. You can call them on **116 123** or visit their website: **[www.samaritans.org](http://www.samaritans.org)**

The Surrey **mental health crisis line** is available 5pm - 9am Monday to Friday, and 24 hours at weekends and bank holidays. You can call them on **0300 456 83 42**. There is an SMS texting facility for people who are deaf or hard of hearing: **07717 989024**

For more information on other mental health services in the area, please visit **[www.surreydownscg.nhs.uk/emotionalwellbeing](http://www.surreydownscg.nhs.uk/emotionalwellbeing)**