



Warwickshire Safe Haven @ Leamington Spa

Are you feeling distressed, frightened, overwhelmed, or that things are too much for you?
Don't know where to turn to get mental health support?
Are your usual sources of support closed?

The Warwickshire Safe Haven @ 4&6 Clemens Street, Leamington Spa, CV31 2DL offers out of hours mental health support to anyone aged 16 or over in Leamington Spa and the surrounding areas.

Open 6pm-11pm, Monday to Wednesday.

The Warwickshire Safe Havens offer a welcoming, safe, comfortable, non-judgmental and non-clinical environment. The emphasis is on reducing immediate distress, and supporting visitors to access services and opportunities available to them in the wider community. There are two Havens, in Nuneaton and Leamington Spa; visit www.mhm.org.uk for further details of the Nuneaton Haven.

You can come just for a cup of tea and a chat, or you can access one-to-one emotional support from trained mental health professionals. We also offer help in creating staying well and crisis plans, and support visitors to access other services and organisations that may be useful to them. Users of the Safe Haven have access to a 24-hour telephone emotional support line staffed by trained counsellors.

Find us at:

4&6 Clemens Street, Leamington Spa, CV31 2DL

Open 6pm-11pm, Monday to Wednesday.

No appointment or referral needed. Carers & family welcome.

To contact the Warwickshire Safe Haven @ Leamington Spa call:

07483 991763

or email us at:

warwickshiresafehaven@mhm.org.uk

Calls and emails are monitored between 6pm-11pm