

Haringey Mental Health

SAFE HAVEN HELPLINE

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 helpline, a new helpline service for those aged 18+. 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 longer term support.

During COVID 19 the service is available only by phone but will later move to a building where you can come in a have a chat.

This new service is available seven days a week, 5pm to 8pm.

We are planning to extend our hours in the near future.

Contact us via our freephone number on

0800 953 0223



Funded by



Promoting positive mental health

WHY WE HAVE SET UP THIS NEW SERVICE

We consulted with users and carers in January and they said the following would help in a mental health crisis:

- A 24/7 Welcoming service
- A meeting place to engage with support professionals
- A safe space where people can socialise out of hours to prevent escalation of a crisis
- Being reminded that the situation will improve
- Bitesize steps
- Counselling
- Life skills such as developing healthy relationships and building resilience
- Meditation and relaxation classes
- Peer support rather than family
- Practical distractions e.g. art classes
- Quiet space
- Recovery plans for short, medium and long term
- Speaking to someone who will listen without judgement
- Strategies to manage a crisis

