

## 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  
12.30pm—11pm on weekends  
and bank holidays

### Safe Haven in Guildford

Oakleaf Enterprise  
101 Walnut Tree  
Guildford  
GU1 4UQ  
Open daily 6pm—11pm  
including bank holidays

### Safe Haven in Redhill

Wingfield Resource Centre  
St Annes Drive  
Redhill  
RH1 1AU  
Monday—Sunday 6pm—11pm

Every year 1 in 4  
of us will  
experience a  
mental health  
problem

### Safe Haven in Woking

The Prop  
30 Goldsworth Road  
Woking  
GU21 6JT  
Monday to Friday 6pm—11pm  
3pm—8pm on weekends and bank  
holidays

This service is delivered in partnership with the following organisations:



# Safe Haven

## in Epsom

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



**When:** 6pm—11pm every evening of the year

Peer Support 6pm —7pm

**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're an informal safe space that support 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
- Your visit won't be recorded on your medical record
- 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

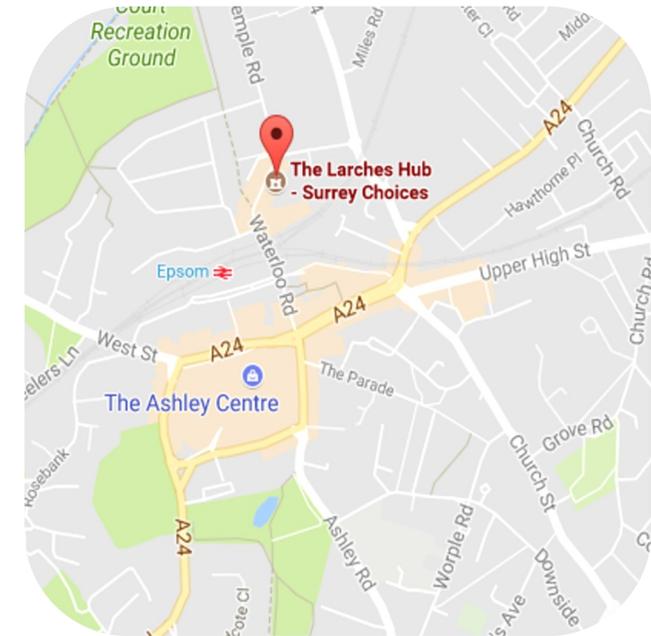


If you need this leaflet in an alternative format please contact Surrey Downs CCG Communications Team 01372 201500

## Where can you find us?

We use the Surrey Choices building at the address below.

The Larches  
44 Waterloo Road  
Epsom  
Surrey  
KT19 8EX



**When:** 6pm—11pm every evening, 365 days of the year.

## If you need support at other times

We're open every evening 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 also provide support and are available 24 hours a day, every day. Call them on **116 123** or visit their website: **[www.samaritans.org](http://www.samaritans.org)**

The **Crisis Mental Health Helpline** is available 24 hours, 365 days a year. You can call them on **0800 915 4644**. There is a SMS texting facility for people who are deaf or hard of hearing: **07717 989 024** . For more information on other mental health services in the area, see: **[www.surreydownsccg.nhs.uk/emotionalwellbeing](http://www.surreydownsccg.nhs.uk/emotionalwellbeing)**