

Other Safe Havens in the area

Safe Haven in Aldershot

8 Andover Way
Aldershot
Hampshire
GU11 3RJ
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
Open daily 6pm—11pm
including bank holidays

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 until 11pm, in-
cluding Bank Holidays.

In-person support will be available from
12.30pm until 11pm on Saturdays and
Sundays. [Virtual support](#) will continue
to be available at the Woking Safe Ha-
ven from 6pm until 11pm, 7 days a
week.



Community Connections Surrey



This service is delivered in partnership with:
Surrey and Borders Partnership 
NHS Foundation Trust




Surrey Downs
Clinical Commissioning Group



Safe Haven

in Epsom

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



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

Where: Brickfield Centre, Portland Place, Epsom, KT17 1DL

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

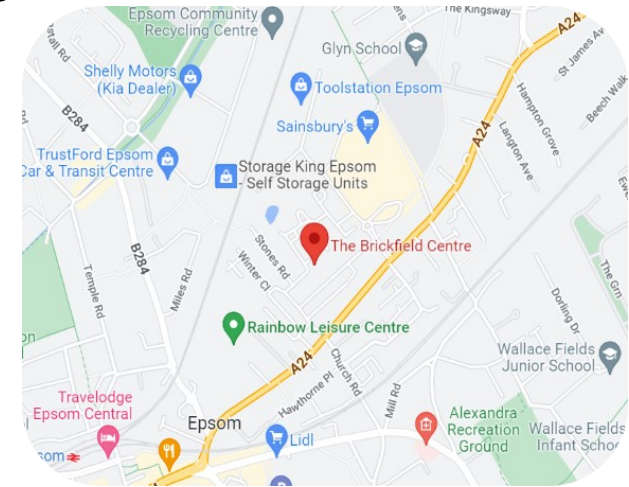


If you need this leaflet in an alternative format please contact Surrey Downs CCG Communications Team 01372 201500

Where can you find us?

We use the Brickfield Centre building at the address below.

Brickfield Centre
Portland Place
Epsom
Surrey
KT17 1DL



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**

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**