



Safe Haven Southampton

Out of hours crisis support for children and young people in Southampton up to the age of 25 who are experiencing difficulties with their mental health

- Out of Hours emotional and practical support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Monday's

Group drop-in session for 15-25 year olds – 6-7:30pm
One to one sessions – 7:30-8:30pm (by appointment only)

Wednesday's

Web chat and phone support – 6-8:30pm

Friday's

Group drop-in session for 11-14 year olds – 4:30-6pm

One to one sessions – 6-7pm (by appointment only)

Saturday's

Web chat support – 10:30am-1pm

*Drop in sessions take place at 35 The Avenue, Southampton. SO17 1XN



Contact us today to find out more:



35 The Avenue,
Southampton.
SO17 1XN



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07918 259 365



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