

same day mental health support

- ✓ someone to listen without judgement
- ✓ an alternative to A + E to those in crisis

**A safe, welcoming, environment
for those in need**

Contact us to book support

01865 903 037

osh@oxfordshiremind.org.uk

 Oxfordshire
mind safe
haven

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What is it?

Safe Haven is a mental health crisis support service for adults in Oxfordshire. We offer same-day support in a safe and welcoming space. Open 365 days-a-year

Who is it for?

Adults aged 18+ in Oxfordshire who are experiencing a mental health crisis.

What we offer?

- One-to-one support by phone or face to face
- A safe space to be listened to without judgement
- Grounding and refocusing activities
- Help with coping strategies and safety planning
- Signposting to other support services

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struggling to cope?

same day support
when you feel you're
reaching breaking point

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Oxfordshire Safe Haven is open every day for people who are experiencing a mental health crisis.

Support available:

- **One-to-one support by phone or face to face**
- **A safe, welcoming space**
- **Practical advice and signposting for longer-term support**

Opening times

Day support: 365 days a year, 11.30am-4pm

Evening support

Oxford: 365 days a year, 6pm-10pm

Banbury: Friday-Monday, 6pm-10pm


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Email: osh@oxfordshiremind.org.uk

Referral line: Open every day, 11.30am-9.30pm

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