



**struggling  
to cope?**

**service open 365 days  
and evenings a year**

- safety planning
- distractions
- a safe place to be
- somewhere to be heard and validated

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

 **Oxfordshire  
mind safe  
haven**

“I feel safe and relaxed calm, supported,  
so good to pick up the phone and speak. I  
don't feel like I'm alone. Safe Haven is the  
first time in my life I've felt listened to”



 Oxfordshire  
mind safe  
haven

WE ARE BETTER  
**TOGETHER**  
The Oxfordshire Mental Health Partnership

 01865 903 037

 osh@oxfordshiremind.org.uk

18+ service

 11:30am-4pm & 5pm-9:30pm.