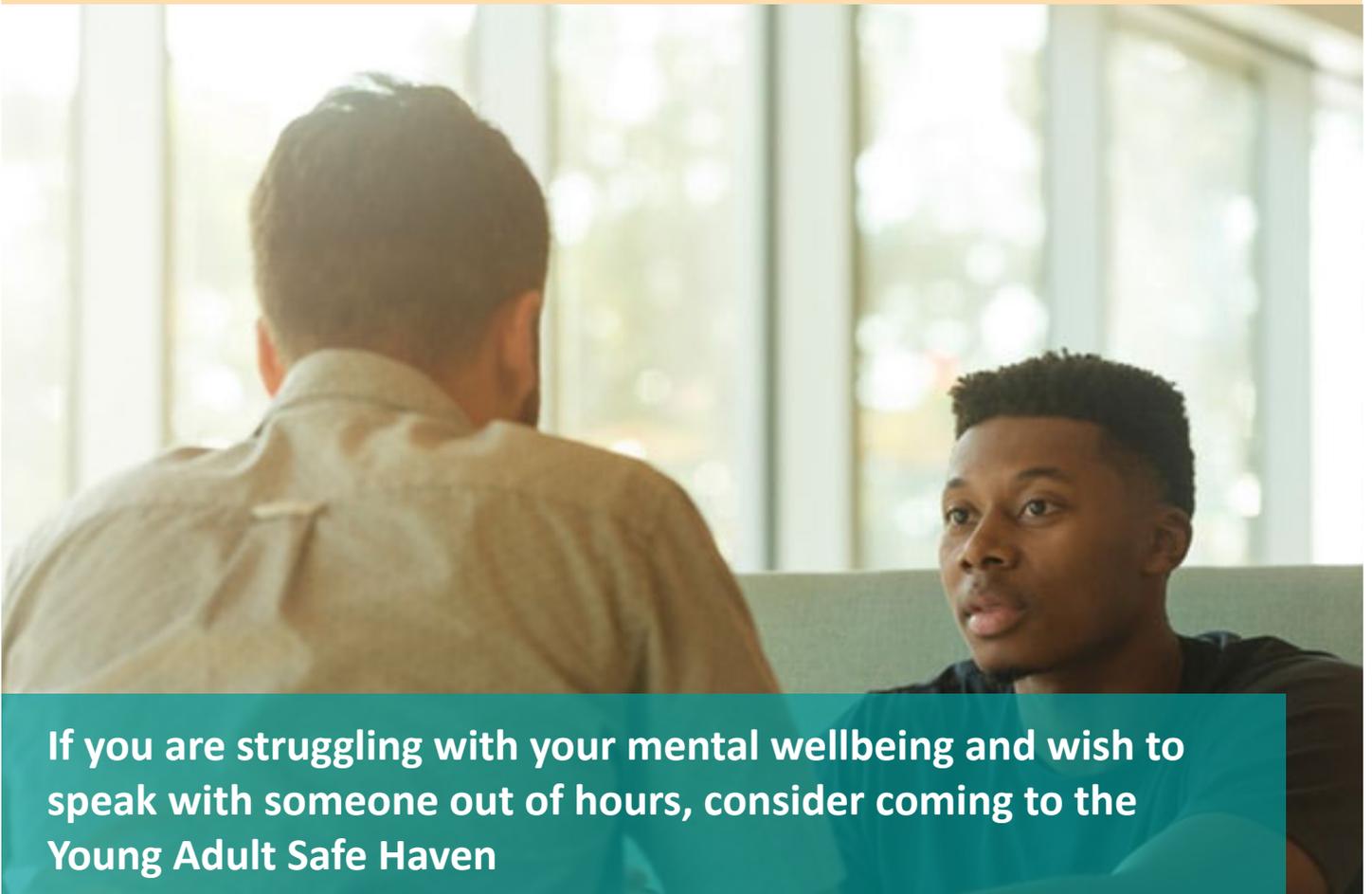




YOUNG ADULT SAFE HAVEN

A new pilot service from 29th November 2021

A safe space for young adults (18-25 year olds) to talk openly and confidentially about feelings and emotions



If you are struggling with your mental wellbeing and wish to speak with someone out of hours, consider coming to the Young Adult Safe Haven

**YOU CAN DROP IN
BETWEEN 5PM - 9PM,
7 DAYS A WEEK.
NO APPOINTMENT
NEEDED**

**ADDRESS:
OAKLEAF
101 WALNUT TREE
CLOSE, GUILDFORD,
SURREY GU1 4UQ**

**SUPPORTING MENTAL
HEALTH FOR YOUNG
ADULTS AGED 18 - 25
IN SURREY**

In partnership with:



To find out more, please visit:



You said.....we did

Catalyst, Oakleaf, University of Surrey and Independent Mental Health Network recently conducted a survey to gain feedback on the existing Safe Haven model. The research highlighted that young adults felt uncomfortable when talking about their feelings and emotions among older adults and peers.

We have listened, secured some funding and are piloting a Young Adult Safe Haven, specifically aimed at 18-25 year olds.

What is the Young Adult Safe Haven?

The Young Adult Safe Haven is a new pilot service, launching in Guildford in November 2021 and will initially run as a 6 month trial with the potential to extend and become a permanent fixture. This new service will offer a safe place for young adults (18-25 year olds) to talk openly and confidentially about their feelings and emotions with peers and young adult support workers.

How is this different to the existing Safe Haven?

This new service is only available for people aged 18-25 and is open from 5pm - 9pm, 7 days a week. These are slightly shorter opening hours than the existing adult Safe Havens across Surrey and NE Hampshire. The mental health support workers can provide emotional and wellbeing support for young adults but will not provide crisis support. If people present in crisis, they will be signposted to the existing Safe Haven next door, where they can be seen by a Surrey and Borders Partnership NHS Foundation Trust mental health practitioner.

Why should I come to the Young Adult Safe Haven?

If you are struggling with your mental wellbeing and would like support, you can come and speak with a mental health support worker out of hours.

How can I access the Young Adult Safe Haven?

You can drop into the Young Adult Safe Haven during our opening times of **5pm - 9pm, 7 days a week - no appointment needed.**

We are located next door to the existing Guildford Safe Haven: **Oakleaf, Walnut Tree Close, Guildford, Surrey GU1 4UQ.** If you come into the Oakleaf car park, you will see our new signage next to the entrance and above the door.

Who is providing this service?

Local charities Catalyst and Oakleaf will be delivering the pilot service which is funded by University of Surrey and Community Foundation for Surrey.

For more information, please visit our websites:

www.catalystsupport.org.uk/young-adult-safe-haven

www.oakleaf-enterprise.org/safe-haven/#young-adult

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