

Safe Haven

in Guildford

**When you need support for
your emotional or mental health**



Oakleaf Enterprise

101 Walnut Tree Close, Guildford, GU1 4UQ

Open 6.00pm – 11.00pm

Seven days a week, 365 days a year

What is the Safe Haven?

It's an informal place that offers you a safe, calm and friendly environment when you need support for your emotional or mental health when you feel unable to cope.

You can drop in to the Safe Haven at any time without making an appointment.

If you are unable to get to the Safe Haven, an Outreach Worker can support you. Please contact the Guildford Safe Haven for more information.

What can you expect when you visit the Safe Haven?

- Your mental wellbeing is our top priority at Guildford Safe Haven.
- You will receive help and support from trained staff, including qualified mental health professionals.
- You can meet and chat to other people who may be having similar experiences to you.
- The Safe Haven provides a friendly informal place with quiet areas if you want to have your own space.
- We can help you access other services, if you have a need for that.

Where can you get support at other times?

- NHS 111: Call 111 for free, 24 hours a day
- Sane: Call 0845 767 8000 6pm – 11pm every day www.sane.org.uk
- Mental Health Crisis Helpline: Call 0300 456 83 42 | Text 07717 989024
Monday to Friday 5pm – 9am | Weekends bank holidays 24 hrs
www.sabp.nhs.uk/advice/crisis-help
- First Steps Surrey: www.firststeps-surrey.nhs.uk/getting-more-help
- Community Connections Surrey: www.communityconnectionsurrey.com
- Citizens Advice Bureau Guildford: www.guildfordcab.org.uk
- Citizens Advice Bureau Waverley: www.waverleycab.org.uk
- The Welcome Project: www.welcomeprojectsurrey.co.uk

Where can you find us?



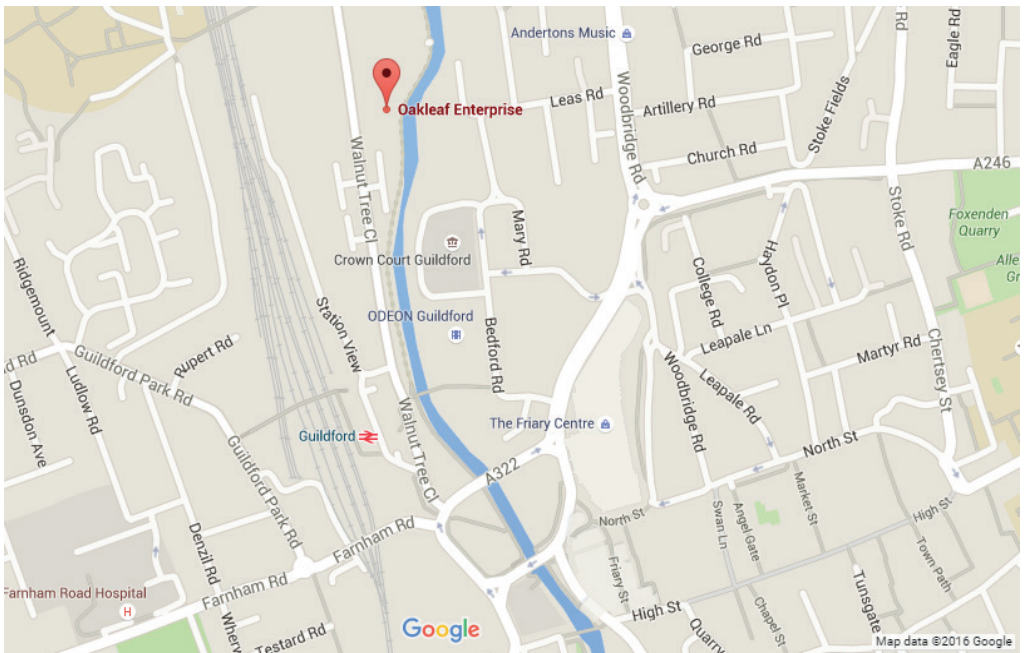
Oakleaf Enterprise
101 Walnut Tree Close
Guildford, GU1 4UQ.

Open 6pm – 11pm every evening,
365 days a year.

The Guildford Safe Haven is
located near Guildford train
station, on Walnut Tree Close.

Disabled access is available.

Telephone: 07919 541420 for Outreach Worker provided by Catalyst
Website: www.oakleaf-enterprise.org
Email: safehaven@oakleaf-enterprise.org



If you need this leaflet in an alternative format, please contact the
Communications Team at Guildford and Waverley Clinical
Commissioning Group via email: gwccg.info@nhs.net

Safe Havens in Surrey and North East Hampshire

You can visit any of the other Safe Havens in Surrey and North East Hampshire if you are in the area, and find that you need support.

Aldershot

The Wellbeing Centre
121-123 Victoria Road
Aldershot, GU11 1JN

Monday to Friday: 6.00pm – 11.00pm
Weekends: 12.30pm – 11.00pm
Bank holidays: 12.30pm – 11.00pm

Camberley

Welcome Project
147 London Road
Camberley, GU15 3JY

Monday and Friday: 6.00pm – 11.00pm
Tuesday, Wednesday, Thursday: Closed
Weekends: Closed
Bank holidays: 6.00pm – 11.00pm

Epsom

The Larches
44 Waterloo Road
Epsom, KT19 8EX

Monday to Friday: 6.00pm – 11.00pm
Weekends: 6.00pm – 11.00pm
Bank holidays: 6.00pm – 11.00pm

Guildford

Oakleaf Enterprise
101 Walnut Tree Close
Guildford, GU1 4UQ

Monday to Friday: 6.00pm – 11.00pm
Weekends: 6.00pm – 11.00pm
Bank holidays: 6.00pm – 11.00pm

T: 07919 541420
(Outreach Worker)

W: www.oakleaf-enterprise.org
E: safehaven@oakleaf-enterprise.org

Redhill

Wingfield Resource Centre
St Anne's Drive
Redhill, RH1 1AU

Monday to Friday: 6.00pm – 11.00pm
Weekends: 6.00pm – 11.00pm
Bank holidays: 6.00pm – 11.00pm

Woking

The Prop
30 Goldsworth Road
Woking, GU21 6JT

Monday to Friday: 6pm – 11.00pm
Weekends: 12.30pm – 11.00pm
Bank holidays: 12.30pm – 11.00pm

Guildford Safe Haven is provided in partnership with:


**Guildford and Waverley
Clinical Commissioning Group**

Surrey and Borders Partnership 
NHS Foundation Trust


MAKING LIFE WORK WITH MENTAL ILLNESS


SURREY


HELPING PEOPLE CHANGE