



Coventry & Warwickshire  
Mind's Safe Haven provides  
an out-of-hours mental health  
support service to people across  
Warwickshire.

# Warwickshire Safe Haven service now available seven evenings a week!

Open from 6pm to 11pm every evening.

For anyone aged 16+ who is struggling.

Wellbeing practitioners are on hand each evening to provide support and signposting.

# The Safe Haven is a service for people who

...feel as though they are unable to cope

...may not know where to start looking for help

...need out-of-hours mental health support

This is a free open service for anyone over 16 years  
– you do not already have to be known to the service

Wellbeing practitioners will be available for face-to-face appointments\*, by phone, video link, text message or email.

\* Face-to-face appointments should be booked. Please contact the Safe Haven staff between the hours of 6pm and 11pm who will arrange an appointment with you.

The Safe Haven team will provide reassuring support for those who are finding life difficult.

Wellbeing practitioners will guide towards creating coping strategies which support the self-management of mental health and emotional wellbeing.

Contact the team in the following ways

**(024) 7771 4554**

**(07970) 042270**

**[safehaven@cwmind.org.uk](mailto:safehaven@cwmind.org.uk)**

Safe Haven Warwickshire, Newtown Chambers, Corporation  
Street, Nuneaton CV11 5XR

[www.cwmind.org.uk](http://www.cwmind.org.uk)

Registered number: 1003688