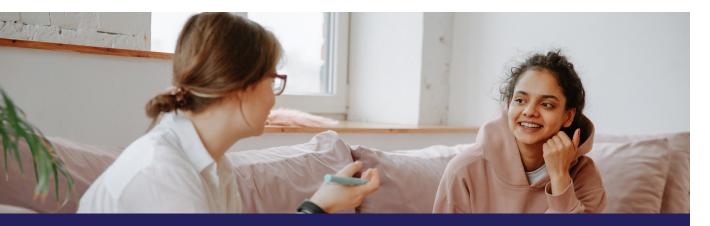


Kent and Medway



Canterbury Safe Haven

Are you feeling distressed, overwhelmed, or that things are too much for you? Don't know where to turn to get mental health support?

We are open every night, 6pm - 11pm

We offer free mental health support to anyone aged over 16, in a safe, comfortable and supportive environment.

You can visit for a chat, or to access one-to-one emotional support from our trained staff. We offer face-to-face and virtual support

Call: 07876 476 703 / 07483 163 953 Email: canterbury.mhm@nhs.net Visit: 22-23 North Lane Canterbury Kent CT2 7EE