



## 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](mailto:canterbury.mhm@nhs.net)

Visit: 22-23 North Lane Canterbury Kent CT2 7EE