

Safe Harbour

Safe Haven

Both Safe Haven and Safe Harbour aim to provide the best support to people in crisis and reduce Emergency Departments visits, but they do it in different ways.

CLINICAL REFERRALS ONLY

DROP-IN SERVICE

Preventative Service

Crisis Service



Open 9am to 6pm, 365 days a year



Open 6pm to 11pm, 365 days a year



Staffed by a minimum of 2x third sector mental health professionals



Staffed by 2x third sector mental health professionals and a SABP clinician



6-week rolling programme

One-to-one support, Peer Support & Group Activities, Quiet Space, Preventative work, Group work, Action Planning, Crisis Intervention, Support for Families/Carers, Signposting, Building Resilience and more



Short term crisis intervention

One-to-one support, Clinical support when required on site and Safety plan development



Client is part of Safe Harbour Community for 6 weeks



Client visits Safe Haven while experiencing a crisis



Clients will gain a vast knowledge of diverse ways in which they can support themselves in a variety of situations having had the chance to practice them and develop them within the groups with discussions with peers.



Due to time constraints, the team is only able to give the client guidance about how they can stabilise their mental health in the moment. But clinicians can make referrals to HTT and CMHS if more intensive support is needed.



Clients can be signposted to other services, such as CBT, Recovery College, Community Connections or GPs if appropriate.