

How to help others?

- Just listen
- Provide welcoming and non judgemental environments
- Check in on friends and colleagues
- Inform peers and colleagues about information, campaigns and services
- Don't feel like you have to have all the answers



Safe Havens



Contact us

Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG
02392498916
info@easthantsmind.org
www.easthantsmind.org
Charity No: 116301



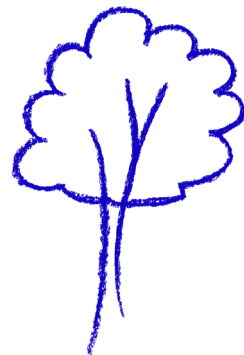


At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community. Our services include

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Training and workplace wellbeing
- Advocacy
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across the Havant Borough and East Hampshire District, with some projects and service available across Hampshire.

Importantly we are a separate charity to National Mind. When you choose who to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to us or to local services.



What to expect at the Safe Haven:

- The door is locked so you will need to press the black Mind doorbell
- You will be met by a member of staff who will welcome you, sign you in and ensure you feel comfortable.
- You will have the opportunity to speak with a member of staff in private and fill in the registration form. They will sit with you and take some basic personal details from you such as name, address and a parent/carers contact number. They will have a chat about what's going on for you, they will listen without judgement.
- You will be able to have your own space if this is what you need or you will have the opportunity to talk to a member of staff one to one or meet with other young people who understand and to get involved in activities such as: Icebreakers, games, wellbeing discussions and art & craft.
- We have a range of useful resources, and lists of organisations, apps, websites and telephone support that may be able to help you.
- We believe in respecting and maintaining your confidentiality. We will not share your personal information unless we have your permission or we have to because of our duty of care to protect your health, safety and wellbeing and that of others.

How to access the CYP Safe Haven

0300 303 1580 or
email cypsafehaven@easthantsmind.org
between 5pm and 8pm Tuesday,
Wednesday and Thursday.



Young People's Safe Haven

What is the Children and Young People's Safe Haven?

- Havant and East Hants Mind have been commissioned by the Hampshire and Isle of Wight CCG Partnership to deliver the Young Person's Safe Haven, which is an out of hours crisis support service for any young person in the Havant, East and South East Hants aged 11 to 17 years old.
- Safe Haven provides a safe and confidential space for young people experiencing difficulty with their mental health or wellbeing to access immediate emotional support, and take part in activities such as games, mindfulness, art & crafts and peer support.
- You do not need to be referred to the service
- We encourage 11 to 13 year olds to attend during the earlier half of the evening session, 5-6.30pm.
- Our phone is only monitored during opening times: Tuesday, Wednesday, Thursday, 5pm to 8pm.

East Hants Youth Mental Health and Wellbeing Service

Available for young people aged 11 to 17 years across East Hants. Access to 6-8 support sessions including:

- Emotional support
- Healthy coping strategies
- Self-harm and suicide safety planning
- Wellbeing topics, goals and plans
- Onward referrals and signposting

Services and support

HEH Mind services and support are available across the Havant Borough and East Hampshire District, including areas such as: Hayling Island, Waterlooville, Emsworth, Petersfield, Alton, Bordon and Bentley. Additionally we have some projects and service that are delivered across Hampshire.

It's important to ask for help because you don't need to cope with these difficult experiences alone.

There are many health professionals who you can talk to about your mental health, and who can provide you with support in several different ways.

These may include general health or specialist support services, such as your GP, your local Mind and or Samaritans.

There is a range of other support and services including:

Anxiety UK — anxietyuk.org.uk

Campaign Against Living Miserably— thecalmzone.net

Do-it (Volunteering) - do-it.org

Side by Side (peer to peer forum) — sidebyside.mind.org.uk

Papyrus (Crisis support Under35's) - papyrus-uk.org

Sane Support Forum — sane.org.uk



Adults' Safe Haven

What is the Adults' Safe Haven?

The Adults' Safe Haven is for any adult needing immediate support at a time of crisis.

At the Safe Haven individuals develop short term coping strategies. If you visit you will also build knowledge and understanding of other (longer term) support.

Attendance

- You can call or access the service without the need to be referred and there is not waiting list for support. You may be signposted to the service by your GP or NHS111, but no professional referral is needed.



What to expect

- Secure entrance and reception
- Opportunity to access a safe space
- Welcome on arrival
- Calming, non judgemental and private environment
- Assessment of needs and situation
- Opportunity to discuss planning, coping skills and relaxation techniques
- Discussion and planning for next steps
- Drug and alcohol support if necessary, from trained professionals



The Adults' Safe Haven service will offer:

- Intervention, support and advice to de-escalate mental health crisis
- Advice and support to empower future self management
- Tips and tools to promote good mental health and wellbeing
- Signposting into other relevant and appropriate services or agencies
- Peer support and self-help resources

Please be aware we are not able to provide:

- Transport to or from the Adults' Safe Haven
- Medical care
- Overnight accommodation



Accessing Adults' Safe Haven

Havant and East Hants Mind Adults' Safe Haven, The Hub, Leigh Park, Dunsbury Way, Havant, PO9 5EW
Open every evening 6pm-10pm

Further information for referring GP's or other agencies

No referral to the Adults' Safe Haven service is necessary. GP's and professionals can signpost patients from Havant Borough, East Hampshire, Fareham and Gosport. However, we will not turn anyone away due to their area of residence.

The Safe Haven is commissioned by Fareham & Gosport and South Eastern Hants CCGs (Clinical Commissioning Groups) and is led by Havant and East Hants Mind. It is operated jointly with the Southern Health NHS Foundation Trust Mental Health Crisis Team and the Inclusion Drug and Alcohol services.