Struggling to cope? Feeling distressed or overwhelmed?



Safe Haven is here for you seven evenings a week from 6pm–11pm.

One-to-one and group support, light activities and self-care strategies in-person or via phone, text, email and video chat.

Safe Haven
Coventry and Warwickshire

mind
Coventry and Warwickshire

Crisis intervention support that helps to give back control and stabilises thoughts and actions, preventing deterioration.

Safe Haven is open every evening from 6pm–11pm for individuals aged 16+ who are feeling stressed, isolated or overwhelmed. Visit our open-access drop-in centres:

Seven evenings a week:

- The Retreat, Bond St, **Nuneaton** CV11 4DA
- Wellington Gardens, Windsor St, **Coventry** CV1 3BT

Wednesday evenings:

- 28 Cromwell Road, **Rugby** CV22 5LY

Thursday evenings:

- The Old Bank, 45 Coten End, **Warwick** CV34 4NT

Friday evenings:

- **Coleshill** Community Centre, 2 Temple Way, B46 1HH

Don't want to visit in person? You can **call ANY evening** between 6–11pm on **(024) 7601 7200** to speak to a practitioner. Leave a message if calling out-of-hours to request a callback. You can also text or email us.

Start by calling (024) 7601 7200
or visit cwsafehaven.org.uk
or email support@cwsafehaven.org.uk

Commissioned by
Coventry and Warwickshire
Integrated Care System

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