



Your Safe Haven @ Medway

We can help any resident of Kent and Medway aged 16+ at our MHM Safe Haven, where we offer a warm, welcoming, safe and comfortable environment.

Due to the current coronavirus (COVID-19) pandemic, the MHM Safe Haven will be providing telephone support only when they open on April 20th 2020 between 6pm and 11pm, 365 days per year.

If you are feeling distressed, overwhelmed, or that things are too much and you don't know where to turn to get support in the evening, then your Safe Haven is here. We offer a welcoming, safe, comfortable, non-judgmental and non-clinical environment. The emphasis is on reducing immediate distress, and supporting visitors to access services and opportunities available to them in the wider community, here you can access one-to-one emotional support from trained mental health professionals.

There are four MHM Safe Havens across Kent and Medway. For further details check out our website - www.mhm.org.uk

The sites will open for visitors as soon as it is safe to do so.

To contact your Safe Haven @ Medway

Call **07850 901151** or **07808 795036**

Email us at Medway.mhm@nhs.net

Visit us at **Age UK - Gillingham, MacKenney Centre, Woodlands Road, Gillingham, ME7 2BX**