

Safe Havens in Surrey and North East Hampshire

You can visit any of the Safe Havens in Surrey and North East Hampshire if you are in the area, and find that you need support.

Aldershot

The Wellbeing Centre
121-123 Victoria Road
Aldershot, GU11 1JN

Monday to Friday: 6.00pm – 11.00pm
Weekends: 12.30pm – 11.00pm
Bank holidays: 12.30pm - 11.00pm

Epsom

The Larches
44 Waterloo Road
Epsom, KT19 8EX

Monday to Friday: 6.00pm – 11.00pm
Weekends: 6.00pm – 11.00pm
Bank holidays: 6.00pm - 11.00pm

Guildford

Oakleaf Enterprise
101 Walnut Tree Close
Guildford, GU1 4UQ

Monday to Friday: 6.00pm – 11.00pm
Weekends: 6.00pm – 11.00pm
Bank holidays: 6.00pm - 11.00pm

Redhill

Wingfield Resource Centre
St Anne's Drive
Redhill, RH1 1AU

Monday to Friday: 6.00pm – 11.00pm
Weekends: 6.00pm – 11.00pm
Bank holidays: 6.00pm - 11.00pm

Woking

The Prop
30 Goldsworth Road
Woking, GU21 6JT

Monday to Friday: 6pm – 11.00pm
Weekends: 3.00pm – 8.00pm
Bank holidays: 3.00pm – 8.00pm

Woking Safe Haven is provided in partnership with:



Safe Haven in Woking

When you need support in an emotional or mental health crisis



Open seven days a week, 365 days a year

The Prop, 30 Goldsworth Road, Woking GU21 6JT

Monday - Friday 6.00pm - 11.00pm
Weekends & Bank Holidays 3.00pm - 8.00pm

What is a Safe Haven?

It's an informal place if you're looking for someone to talk to or just a space to meet people who may be going through a similar emotional or mental health crisis as you.

The Safe Haven aims to provide help for adults needing wellbeing support with psychological problems of **ANY** kind and their friends, family and carers.

What can you expect when you visit the Safe Haven?

- A warm welcome and the chance to talk to other people who may be having similar experiences to you.
- You will receive help and support from trained staff, including qualified mental health professionals.
- We can help you access other services.
- You can remain anonymous if you prefer.
- There is a quiet area if you want to have your own space.
- We will ensure your privacy and dignity at all times.

Where can you get support at other times?

We are open 365 days a year, but there may be times when you need alternative support. Other services available during an emotional or mental health crisis.

Organisation	Offering	Contact Number	Other contact	Opening
NHS 111	Urgent medical care	111 - Free to call		24 hours a day
Surrey Mental Health Crisis Line	Professional crisis support	0300 456 8342 - Local charges apply	text 07717 899024	Monday—Friday 9am-5pm Weekends & bank holidays: 24 hours a day
The Samaritans	Professional crisis support	116 123 - Local charges apply	North West Surrey Samaritans 01932 844 444	24 hours a day
Sane	Professional crisis support	0845 767 8000		6pm - 11pm, 7 days a week
NHS Emergency Services	Emergency medical care	999 - Free to call		24 hours a day

Where can you find us?

The Safe Haven is at:

The Prop
30 Goldsworth Road
Woking
GU21 6JT



The train station from Platform 1, cross over to the other side of the road, then turn left and cross Victoria Way. The Prop is on the left-hand side, across from the Job Centre.



1 in 4 of us will experience a mental health problem