

# You don't need to face a crisis alone. Safe Haven is here for you over the festive period.

North and Mid Hampshire Safe Haven is a free crisis service, open 6pm-10pm 365 days a year including weekends and bank holidays.

- Out of hours service
- No referral or appointment needed
- A safe space when you feel at your lowest
- Practical support and signposting

## Call us

0300 303 5772

## Visit us

Andover Mind Wellbeing Centre  
3 Vyne Road, Basingstoke RG21 5NL

## Virtual support



Scan the QR code for instant face to face support via your phone or visit:

[andovermind.org.uk/safehaven](https://andovermind.org.uk/safehaven)

