

NSW Health



Safe Haven

A calm, age-appropriate, culturally-sensitive and welcoming space staffed by mental health workers including peer workers to support young people who are struggling with their mental health.



Safe Haven is a NSW Health
Towards Zero Suicides initiative
delivered in partnership with



Are you a young person struggling with your mental health, including suicidal thoughts? Are you a carer for a young person who needs support for their mental health?

- Safe Haven is a safe place where you can talk openly about how you are feeling and what you are going through, where you can feel supported and not judged
- You can talk to a peer support worker who has their own lived experience of mental health, or to a mental health professional
- If you don't feel like chatting you are welcome to hang out in a safe, quiet spot and we are here if you need

Free, no Medicare card or appointment required.

LOCATION C1East, Level 1 High Street, Randwick NSW 2031

We can be a little tricky to find but concierge can point you in the right direction, otherwise please text or phone **0439 387 939** and we'll be happy to meet you out the front.

EMAIL SCHN-SCH-MHSafeHaven@health.nsw.gov.au

WEBSITE <https://bit.ly/34Nq7FO>

If you or someone you know is in immediate danger, please call 000.