



Safe Haven.

Feeling overwhelmed or distressed?

Drop into Safe Haven for a chat, tea or coffee, or to simply hang out!

Safe Haven is a friendly, compassionate and non-judgmental place where everyone is welcome.

Staff members at Safe Haven have their own personal lived experience of mental health challenges and can offer an understanding ear about whatever is troubling you.

This service is **Free & confidential**
Anyone over the age of 16 is welcome at Safe Haven

What is available?

- Support from Peer Practitioners who understand what you are going through.
- Relaxing environment.
- Board and card games.
- Refreshments.
- Connections to other services for additional support.

Find us

9 John Street, Salisbury SA
Tuesday to Friday, 5 pm - 9 pm



Learn more
sonder.net.au/safe-haven