

# Safe Haven.



## After-hours, drop-in mental health service for people experiencing emotional distress.

**Safe Haven offers a welcoming, calm and non-clinical environment where people with urgent mental health needs can access immediate support, as an alternative to presenting at a hospital emergency department.**

This unique service provides free, high-quality support to individuals aged 16 years and over experiencing distress.

Safe Haven is peer-driven and staffed by Peer Practitioners with lived experiences of mental health challenges, meaning individuals who visit Safe Haven will receive support from someone who has an understanding of what they may be feeling.

Staff can also provide information and referral to local mental health services for ongoing support, and other services to address immediate or longer-term needs.

### **Inclusive support for all**

Safe Haven has been co-designed in collaboration with a diverse range of community members, including those with lived experience of mental health challenges.

It offers a friendly and culturally safe space for anyone seeking mental health support, including their family, friends and carers.

Most staff at Safe Haven are trained in cultural awareness and can tailor services to meet each individual's needs and situations.

### **How to access**

No referral or appointment is required to access Safe Haven. Individuals can drop-in to Safe Haven at 9 John St, Salisbury from 5 pm to 9 pm, Tuesday - Friday, including public holidays.

To chat to our friendly team for more information, call **8209 0700** (9 am - 5 pm) or **8209 0711** (after 5 pm).

Open 5 pm - 9 pm, Tuesday - Friday.

9 John St, Salisbury

[sonder.net.au/safe-haven](https://sonder.net.au/safe-haven)

Supported by Adelaide PHN, Northern Adelaide Local Health Network, Northern Adelaide Mental Health Alliance and Lived Experience Leadership & Advocacy Network



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging. We welcome people from all cultures, faiths, backgrounds, and experiences, and celebrate all identities, genders, sexes, orientations and abilities.