



## **East Berkshire Safe Haven**

**Are you feeling distressed, anxious,  
or that things are too much for you?**

The East Berkshire Safe Haven offers free mental health support to anyone aged over 18, in a safe, comfortable and supportive environment.

**Open Thursday-Sunday, 5pm-11pm**

There's no need to be referred and no need for an appointment.

The Safe Haven offers support in person, over the phone or via video call.

You can come just for a chat, or to access one-to-one emotional support from trained mental health professionals.

We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

Anyone accessing the service will also have access to our 24/7 helpline outside of service opening hours.

**Contact us or drop in (5pm-11pm):**

Phone: 07790 772 863

Email: [east.berkshirehaven@nhs.net](mailto:east.berkshirehaven@nhs.net)

Drop in: 54 High Street, Slough, SL1 1BZ

Calls and emails are monitored during opening hours.

Learn more:

[www.mhm.org.uk/east-berkshire-haven](http://www.mhm.org.uk/east-berkshire-haven)