



Your Safe Haven @ Maidstone

Due to the current coronavirus (COVID-19) pandemic, the MHM Safe Haven will be providing telephone support only when they open on April 20th 2020 between 6pm and 11pm, 365 days per year.

The site will open for visitors as soon as it is safe to do so.

Are you feeling distressed, frightened, overwhelmed, or that things are too much for you?

Don't know where to turn to get mental health support?

Are your usual sources of support closed?



Your Safe Haven @ Maidstone offers out of hours mental health support to any residents of Kent aged 16 or over, including healthcare professionals.

The Kent and Medway Safe Havens offer a welcoming, safe, comfortable, non-judgmental and non-clinical environment.

The emphasis is on reducing immediate distress, and supporting visitors to access services and opportunities available to them in the wider community.

There are four MHM Safe Havens across Kent and Medway, visit www.mhm.org.uk for further details.

You can 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 services and organisations that may be useful to them.

To contact your Safe Haven @ Maidstone

Call: 07484 061684

Email us at: Maidstone.mhm@nhs.net

Calls and emails are monitored between 6pm-11pm