

## New out-of-hours mental health crisis service

Mental Health Matters have successfully launched a new out-of-hours mental health crisis service.

The East Berkshire Safe Haven provides free, out-of-hours mental health support to residents aged 18 and over, in a safe, comfortable, and non-judgemental environment.

The service, located on Slough High Street, provides support from **5pm until 11pm, Thursday to Sunday**, when other services are often closed.

offers one-to-one emotional support to individuals in mental health crisis,

a space for people to access advice, guidance, and information to support their mental health.

There is no need for a referral and individuals can access support face-to-face, over the phone or online via video call.



## 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.