

Safe Haven North East Hampshire & Farnham

**NO
LIMITS**
Helping Young People
Help Themselves

Out-of-hours open-access and one-to-one crisis support for young people aged 11-17 experiencing difficulties with their mental health

Safe Haven North East Hampshire & Farnham offers young people a safe space to talk to trained youth workers about how they're feeling and what they're going through. The area covered includes Aldershot, Basingstoke, Farnborough, Fleet and Yateley.



Our youth workers are available to support with anything that might be affecting your mental health or wellbeing such as managing self-harm or suicidal thoughts, low mood and self-esteem, anxiety or simply needing help in accessing further support.

You don't need to book or refer to attend an open-access session. If you'd like to talk to a youth worker privately, we can offer up to four pre-booked one-to-one sessions.

Safe Haven details

Mondays

Open-access
3:30 - 4:30pm

One-to-ones
4:30 - 7:00pm

Tuesdays

One-to-ones
3:30 - 7:00pm
(online only)

Thursdays

Open-access
3:30 - 4:30pm

One-to-ones
4:30 - 7:00pm

Address:

Royal Oak Wellbeing Hub
Royal Oak Close
Yateley, GU46 7UD



To book a one-to-one, scan the QR code below or refer online at nolimitshelp.org.uk/get-support



More about Safe Haven



Our Advice & Wellbeing Hub



Scan here to refer online



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk