

Young Person's Safe Haven

Professional's information sheet

Young Person's Safe Haven has some exciting news... our drop-in service is now operating an 'open door' policy and we are able to offer in person wellbeing and mental health support to all young people living in the Havant, East Hants and South East Hants areas of Hampshire. We also offer information, signposting and support to parents/carers of young people.

Young Person's Safe Haven is a drop-in crisis mental health service for 11 to 17 years olds and is a self-referral service where no appointment is required to attend.

Opening Hours: Tuesday, Wednesday and Thursday, 5pm to 8pm

Location: The Pallant Centre, Havant, PO9 1BE.

Young Person's Safe Haven provides one-to-one support sessions, wellbeing group workshops, art & craft time and mindfulness.

One-to-one person-centred support sessions can include:

- Confidential emotional support
- Self-harm/ suicide safety planning
- Healthy coping strategies
- Mindfulness
- Mental Health signposting

Wellbeing groups centre around a mental health & wellbeing topic, with small activities, open & safe discussions. Wellbeing topics include anxiety, low mood, overcoming challenges and many more.

Arts & Craft sessions are a space for young people to engage in calm and fun activities creating something that they can bring home. At the end of each Young Person's Safe Haven evening, there is a 15-minute mindfulness session so young people can leave feeling relaxed and calm.

Young Person's Safe Haven promotes a **multiagency** approach within safeguarding and supporting young people's mental health. This includes communication between parents/caregivers, schools and other relevant organisations statutory and voluntary including counselling services, GPs, CAMHS and social services. This is done to safeguard, safety plan, discuss client cases and to provide consistent support.

There is no referral or appointment needed to attend Young Person's Safe Haven. Please pass our details to young people, colleagues and to parents/carers. There are no waiting lists with instant access to mental health support during our opening hours.

Email: cypsafehaven@easthantsmind.org

Freephone number: 0300 303 1580

Please note our email and phonenumber are monitored during opening times only