

What else can Safe Haven offer?

Positive Minds is an online platform offering guided learning modules from home including mindfulness, stress and anxiety.

We have excellent links with **SPA** (Single Point of Access, Mental Health) at St Mary's Hospital.

Who can access Safe Haven?

Safe Haven is available to anyone aged 18 or over who lives on the Isle of Wight.

Refer yourself to Safe Haven by contacting the team by telephone, visiting in person during our opening hours, or emailing.

GP's or other partner organisations can also signpost people to our service.

Contact us

Safe Haven - Newport

7 High Street, Newport
PO30 1SS
(Opposite County Hall)
Phone: **01983 520168**

Opening hours:

Monday to Friday 5pm - 10pm
Saturday & Sunday Noon - 10pm
Bank Holidays Noon - 10pm

Safe Haven - Ryde

10 Lind Street, Ryde
PO33 2NQ
(Ryde Town Hall)
Phone: **07976 416051**

Opening hours:

Friday 5pm - 9pm
Saturday & Sunday 1pm - 9pm
Bank Holidays 1pm - 9pm

Email: safehaven@twosaints.org.uk

Safe Haven

Newport and Ryde

Mental Health Support

evenings and weekends



TWO SAINTS
REBUILDING LIVES FOR A BRIGHTER FUTURE

What is Safe Haven?

Our Safe Haven service provides a safe space for people experiencing mental health crisis.

Support from our staff can be accessed by telephone, email or face to face contact during evenings, weekends and bank holidays.

We work in partnership with the Isle of Wight NHS Mental Health Service.

Our support

The service is specifically designed to support people in mental distress and offers:

- A safe space to talk
- Review of crisis management
- Reassurance
- Reduced isolation
- Support to stay well at home
- Signposting to other agencies

About Two Saints

We work across Berkshire, Hampshire and Isle of Wight to give people who are homeless, vulnerable or in need of support, the opportunity to build a brighter future.

Our Safe Haven services in Newport and Ryde provide an immediately accessible safe space to help those who may be experiencing a mental health crisis. We aim to be the first point of call when someone is suffering with their mental health and is seeking support, reducing the need for clinical intervention.

Support from our staff can be accessed by telephone, email or face to face during evenings, weekends and bank holidays.

"I'm forever grateful for the support given to me during a dark and difficult time. My future is looking brighter and for the first time I'm excited about it". Alice

Two Saints:

Our vision

To give people who are homeless, vulnerable or in need of support, the opportunity to build a brighter future.

Our mission

To provide safe, flexible and reliable client led housing and support services that focus on reducing homelessness, improving health and wellbeing and building on individual's skills and resilience.

Our values

- Integrity
- Resilience
- Empowering
- Inclusive
- Proactive

Keep up to date with our latest news

Website: www.twosaints.org.uk

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