



Canterbury Safe Haven

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

We are open every day, 6pm-11pm

We offer free mental health support to anyone aged over 18, in a safe, comfortable and supportive environment.

You can visit for a chat, or to access one-to-one emotional support from our trained staff. We offer face-to-face and virtual support.

Contact us or drop in:

Visit: 22-23 North Lane,
Canterbury, CT2 7EE
Call: 07876476703 / 07483163953
Email: canterbury.mhm@nhs.net

Learn more:

