



mentalhealth**matters**

Canterbury Safe Haven

**Don't know where to turn to get
support in a crisis?**

The Haven is a safe place, for anyone aged 18+, to seek face-to-face support when feeling anxious, stressed, or overwhelmed.

We are open 6pm-11pm, every day.

Phone: 07876476703 / 07483163953

Email: canterbury.mhm@nhs.net

Drop in: 22-23 North Lane,
Canterbury, Kent, CT2 7EE

Or call to book a virtual consultation
via video call.

