

# What is available?

- ▶ Talking with someone with lived experience
- ▶ Peer support
- ▶ Relaxing room
- ▶ Listen to music on tablets
- ▶ Board and card games
- ▶ Activity room
- ▶ Refreshments
- ▶ Reading
- ▶ Wellbeing planning



Artist – Annette Webb

NO NEED TO MAKE AN APPOINTMENT  
**YOU CAN JUST WALK IN**  
MEDICARE IS NOT REQUIRED

For opening hours or further information please join our Facebook group by searching SafeHaven (St George) or email: [SESLHD-safehaven@health.nsw.gov.au](mailto:SESLHD-safehaven@health.nsw.gov.au) or Ph. 9113 2981

Address: 20/24 Belgrave Street  
Kogarah NSW 2217  
(Entry via Kensington Street)

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Here for you.

## Feeling Overwhelmed?

Come to **SafeHaven** for a chat with people who understand

THIS SERVICE IS  
**FREE & CONFIDENTIAL**

ANYONE WHO IS OVER THE AGE  
OF 16 IS WELCOME AT SAFEHAVEN

# What is SafeHaven?

SafeHaven is a friendly, compassionate place where everyone is welcome and you won't be judged.

If you or someone you care about is experiencing emotional distress, such as suicidal thoughts, and you'd like support, SafeHaven is here for you.

You may be feeling alone and wanting social connections or you might just want a place to go where people get it.

Staff members at SafeHaven are here to listen and understand. Most of our SafeHaven team have had their own personal lived experience of suicidal distress.

# Why?

Often when people feel suicidal the only place to visit outside business hours is an Emergency Department.

SafeHaven is another option which provides a different kind of support. You can chat to us, have a tea or coffee, join in an activity or sit in a quiet spot and listen to music.

We can also support you to find out about other services that can assist you with immediate or longer term needs. You choose what is right for you.



Here for you.