



Here for you.



Artist – Annette Webb

Feeling Overwhelmed?

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

SafeHaven is a friendly, compassionate place where 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.

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

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

THIS SERVICE IS
FREE & CONFIDENTIAL

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



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

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

