



Derbyshire Safe Haven

If you're struggling to cope,
we are here for you.

The Derbyshire Safe Haven
supports people with
their mental health
so they can
build resilience.

If you're starting to feel overwhelmed,
don't suffer in silence.

We are open 7 days a week from
4:30pm-12:30am,
please call 01246 949410
or book using the link in the QR code.

www.p3charity.org/services/derbyshire-safe-haven



SCAN ME

Struggling to cope?

Then get in touch today.

The Safe Haven, a brand new P3 service in Chesterfield, will offer out-of-hours support for people with mental health needs. Whether you are seeking support for yourself, as a carer or for someone you know, we are here to provide a listening ear, offer advice and information on further resources available.

We aim to equip people with the necessary skills and resources to safely manage their problems and build resilience to prevent an escalation of problems.

The Safe Haven will provide a safe, supportive and friendly environment helping people in their recovery through promoting self-empowerment and independence.

The Safe Haven provides face-to-face, non-clinical support for people to discuss mental health concerns between the hours of 4:30pm and 12:30am.

NHS

Derbyshire Healthcare
NHS Foundation Trust



www.p3charity.org
Charity number - 703163