



Safe Haven NEHF

NO LiMiTS

Helping Young People
Help Themselves

Out-of-hours open-access, group and one-to-one mental health crisis support for young people aged 10-17 in North East Hampshire and Farnham (including Aldershot, Farnborough, Fleet and Yateley).



Open-Access Sessions

Talk to one of our youth workers about your mental health and wellbeing without needing to let us know that you're coming.

Monday
3:30 - 4:30pm

Thursday
3:30 - 4:30pm

How to join
No referral needed



One-to-one Sessions

Talk to a youth worker about your mental health and wellbeing privately in-person, online or over the phone, in up to four sessions.

Monday
4:30 - 7:00pm

Tuesday (online)
3:30 - 7:00pm

Thursday
4:30 - 7:00pm

How to book
Refer through our website

Sessions take place at
Royal Oak Wellbeing Hub
Royal Oak Close
Yateley
GU46 7UD



Find out
more

Refer for
one-to-one
sessions

