

# Young Person's Safe Haven

A safe space for young people aged 10-17 living in Farnham and North East Hampshire\* who need support with their emotional wellbeing and mental health

\*(covering areas including Aldershot, Farnborough, Fleet, and Yateley)

- Out of Hours crisis support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

### Monday's

Group drop-in session - 6:30-8pm

One to one support - 6:30-10pm (by appointment only)

Virtual and phone support - 6:30-10pm

### Wednesday's

Virtual and phone support - 5-8pm

### Thursday's

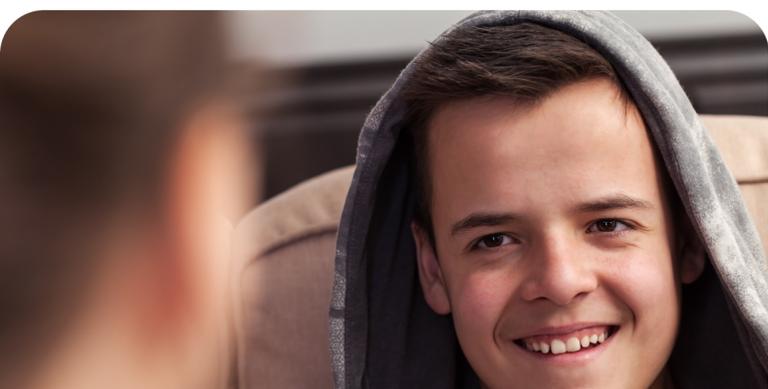
Group drop-in session - 6:30-8pm

One to one support - 6:30-10pm (by appointment only)

Virtual and phone support - 6:30-10pm

### Saturday's

Web chat support - 10:30am-1pm



Contact us today to  
find out more:



02380 224 224



07918 259361



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SCAN ME

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