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Safe Haven is here for you seven evenings a week from 6pm–11pm.

One-to-one and group support, light activities and self-care strategies in-person or via phone, text, email and video chat.

Safe Haven
Coventry and
Warwickshire

 **mind**
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Crisis intervention support that helps to give back control and stabilises thoughts and actions, preventing deterioration.

Safe Haven is open every evening from 6pm–11pm for individuals aged 16+ who are feeling stressed, isolated or overwhelmed. Visit our open-access drop-in centres:

Seven evenings a week:

- The Retreat, Bond St, **Nuneaton** CV11 4DA
- Wellington Gardens, Windsor St, **Coventry** CV1 3BT

Wednesday evenings:

- 28 Cromwell Road, **Rugby** CV22 5LY

Thursday evenings:

- The Old Bank, 45 Coten End, **Warwick** CV34 4NT

Friday evenings:

- **Coleshill** Community Centre, 2 Temple Way, B46 1HH

Don't want to visit in person? You can **call ANY evening** between 6–11pm on **(024) 7601 7200** to speak to a practitioner. Leave a message if calling out-of-hours to request a callback. You can also text or email us.

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