

# What is available?

- Talking with someone with lived experience
- Peer support
- A relaxing space
- Games and puzzles
- Activities
- Refreshments
- Reading
- Wellbeing planning

NO NEED TO MAKE AN APPOINTMENT

**YOU CAN JUST WALK IN**

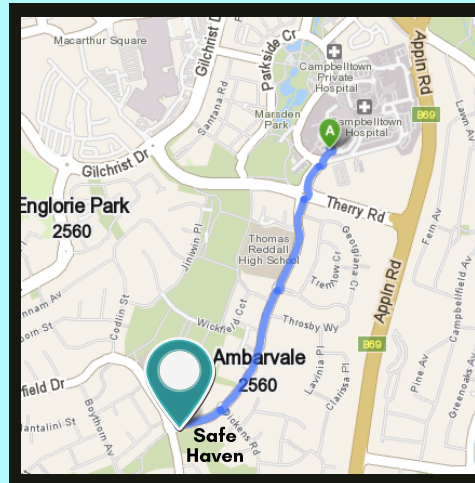
MEDICARE IS NOT REQUIRED

## Opening Hours:

Friday 2pm - 9pm  
Saturday 2pm - 9pm  
Sunday 2pm - 9pm  
Monday 2pm - 9pm

## Address:

80 Woodhouse Drive  
Ambarvale NSW 2560



**Health**  
South Western Sydney  
Local Health District

TOWARDS ZERO SUICIDES



# Feeling Overwhelmed?

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

THIS SERVICE IS

**FREE AND CONFIDENTIAL**

Anyone is welcome at SafeHaven. If you are under the age of 16 please attend with a parent or guardian.

# What is SafeHaven?

SafeHaven is a friendly, compassionate place where everyone is welcome and you won't be judged.

If you or someone you care about is experiencing thoughts of suicide, which might present as mild depression, deep sadness, emotional distress, helplessness or self-harm the SafeHaven is here for you.

You may be feeling alone and wanting social connections or you might just want a place to go where people get it. Staff members at SafeHaven are here to listen and understand.

Our SafeHaven Peer Support team have their own personal lived experience of suicidal distress.

*SWSLHD thanks SESLHD for permission to use some of the text in this brochure.*

# Why?

Often when people feel suicidal the only place to visit outside of business hours is the Emergency Department.

SafeHaven is another option which provides a different kind of support. You can chat to us, have tea or coffee, join in an activity or sit in a quiet spot.

We can also support you to find out about other services that can assist you with immediate or longer term needs.

You choose what is right for you.

