



Medway Safe Haven

**Are you feeling distressed, anxious,
or that things are too much for you?**

**We are open 24 hours a day, 7 days a
week**

Medway Safe Haven offers free mental health support to anyone aged over 18, in a safe, comfortable and supportive environment.

There is no need to be referred and no need for an appointment. We are open every day for face-to-face or virtual support.

Our experienced staff team is available to provide non-clinical emotional, social and practical support if you are in crisis or feel you are heading toward a crisis situation.

We also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

Please be aware this service is not suitable for people needing urgent medical attention (for example, after self-harm); for urgent medical care please attend your nearest A&E or call 999.

Contact us or drop in:

Medway Maritime Hospital, Windmill Road,
Gillingham, ME7 5NY

07850901151 / 07808795036

medway.mhm@nhs.net

Scan to learn more:

