

A big hello from Medway Safe Haven!

We are a free mental health walk-in service based at Medway Maritime Hospital site. The Medway service provides a non-clinical mental health support alternative to A+E.

At Medway Safe Haven, with our trained Staff we offer emotional support and one-to-one sessions to anyone aged over 18, ensuring attentive care for individuals mental health needs. The team is equipped to provide crisis intervention, situation de-escalation, and creating safety plans, while also signposting to appropriate person-centered support services.

Medway Safe Haven offers:

- 24/7 Availability: Our service is open round the clock, including bank holidays
- No Appointment Needed: Walk in anytime or attend through self/professional referrals
- Expert Supports: Access immediate mental health support from trained professionals.

For any inquiries or further information, please reach out to us:

Email: medway.mhm@nhs.net

Phone: 07850901151 or 07808795036

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

Our purpose: To provide innovative, life-changing mental health support for individuals and communities.