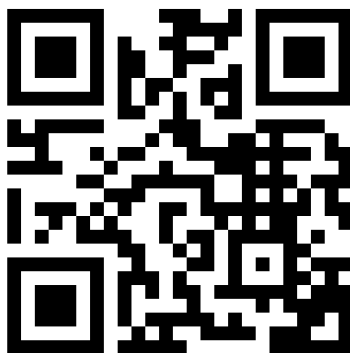


**For further support please visit
our website www.hfehmind.org.uk**

**Alternatively scan the QR Code below to visit
[My-Mind.TV](#) for helpful video resources**



We value your feedback

Your feedback is important to us as it helps improve our services. If you have any suggestions, recommendations, questions, complaints or compliments please contact us:

dutyadultservices@hfehmind.org.uk

0207 571 7454

In partnership with



Safe Space



A safe space for emotional support and a listening ear!

Are you struggling? Experiencing Stress? Had a Life Changing Event?

Safe Space is a crisis alternative service that offers a calm, welcoming and warm environment for visitors to attend when in crisis.

You will be greeted by our friendly staff who are there to listen to you and help you get the support you need.

This might include strategies to help you cope in the moment, resources to take away, or connecting you with practical local services. We may also directly refer you to other agencies for wider support.

We provide you with support free of charge

This service is delivered on behalf of



How can I access support?

Our Safe Space's are a crisis drop-in service from 2pm to 10pm, 7 days a week, 365 days a year

Drop-In from 2pm - 10pm (Last Drop-in by 9:30)
Phonelines are open from 2pm - 10pm

Contact Us Now

Safe Space Hounslow

Unit 27, Ground Floor, Treaty Centre,
44 High Street, Hounslow, TW3 1ES
safespacehounslow@hfehmind.org.uk
Tel: 0207 471 0584

Safe Space Ealing

Lido Centre, 63 Mattock Lane, London W13 9LA
safespaceealing@hfehmind.org.uk
Tel: 0207 471 0583

Safe Space Hammersmith & Fulham

309 Lillie Road, London SW6 7LL
safespacehf@hfehmind.org.uk
Tel: 0207 471 0582

 **mind** Hammersmith, Fulham, Ealing and Hounslow